



[For staff](#)

[For the media](#)

[For alumni](#)

[For potential donors](#)

[For prospective international students](#)

> [Publications](#) > [The Graduate Index](#) >

The Graduate

A publication of the University of South Australia

November/December 2003

Regular sections

[New Leaf](#)

[A little taste of ...](#)

Main stories

Creativity adds to Emma's bag of tricks

Emma Hutchinson is creative and resourceful, and she's learned a hug is a hug in any language.

[Full Story](#)



Cef a champion for migrant rights

UniSA graduate Cef Sanchez has been awarded a Centenary Medal in recognition of his services to multiculturalism.

[Full Story](#)



Breaking through the glass ceiling

UniSA graduate named SA business woman of the year. [Full Story](#)



Dreamtime duo finds balance in business

At first glance, Janet Craig and Damien Shen could seem unlikely business partners. [Full Story](#)

Other stories

[Postgraduate study opens doors](#)

[Journalism graduates reunite 20 years on](#)

**Vice Chancellor catches up with graduate in
Beijing**

February/March 2004 issue of *The Graduate*

Closing date: January 23, 2004

Distribution: February 17, 2004

Editor: [Charlotte Knottenbelt](#), ph (08) 8302 0578

Original design concept:

Visual Communications Consultancy

South Australian School of Art

Contributions to The Graduate including articles and photographs are welcome but will be published at the discretion of the publisher (UniSA's Marketing and Development Unit) and the editor. The University takes no responsibility for accuracy of or omissions in any material published. No article or advertisement published necessarily reflects the views of the University, the publisher or the editor.

[▲ Back to top](#)

For queries relating to links contact: [UniSA Webmaster](#) | [Disclaimer](#) | [Copyright](#) (c) 2000 | Latest content revision: November, 2003


[For staff](#)
[For the media](#)
[For alumni](#)
[For potential donors](#)
[For prospective international students](#)
[> Publications > November/December 2003](#)

New Leaf

Compiled by **Charlotte Knottenbelt**

**Simon Robb; *The Hulk*; 97 pages;
cost \$22; ISBN 0-646-42741-5;
published by Post Taste**

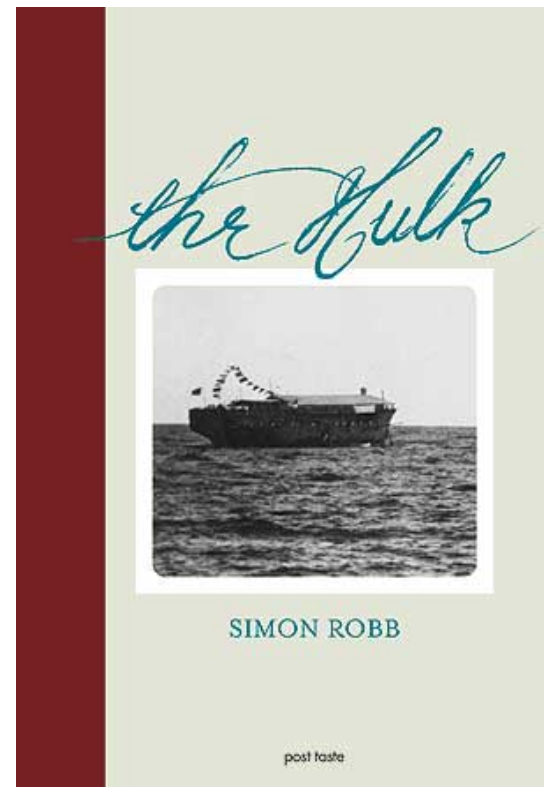
Launched on October 25, *The Hulk* explores the story of the men and boys aboard the Hulk Fitzjames, a prison ship moored off the Adelaide coast at Largs Bay in the 1880s.

'Delinquent' boys aged 6 to 16 were sentenced to periods of detention on the Hulk where they endured a punishing regime of work and 'reformation' at the hands of the authorities, rarely venturing back to land for the period of their sentences.

Many of the boys were sent there simply for being 'uncontrollable' - a term which often meant their parents had abandoned them or were unable to care for them because of poverty or alcoholism.

Written by Simon Robb, a research associate at UniSA's Centre for Studies in Literacy, Policy and Learning Cultures, *The Hulk* is an 'experimental history', exploring this barely known yet true story through fictional and historical means.

Delving back into the historical sources and using contemporary interviews with boys in detention, Robb makes the boys speak again, telling the true stories of South



Australia's secret history.

The Hulk is available from Dymocks, Imprints, Dark Horse Bookshop and the Maritime Museum (Port Adelaide).

The Graduate has a copy of *The Hulk* to give away. To be in the draw, email your name and address to thegraduate@unisa.edu.au marked Attention: *The Hulk* giveaway

Don Langmead; *Frank Lloyd Wright: A Bio-bibliography*; 430 pages; US\$83; ISBN 0-313-31993-6; Praeger Publishers.

One of the 20th century's best-known architects, Frank Lloyd Wright's career spanned 70 years during which time he produced about 450 buildings and almost 550 unrealised architectural projects. More than 40 years after his death, historical and critical comment and debate are increasing and controversy continues to surround him.

Adding to this environment is UniSA's Adjunct Professor Don Langmead (from the Louis Laybourne Smith School of Architecture and Design), with the release of his new book, *Frank Lloyd Wright: A Bio-bibliography*.

The 500-page volume is a chronologically arranged, annotated bibliography of more than 3,500 primary entries, with thousands more connected references. It documents not only the literature on Wright from 1886 to the present, but also his own extensive writings, and covers source books, monographs, anthologies, exhibition catalogues, book and exhibition reviews, periodical articles, and obituaries.

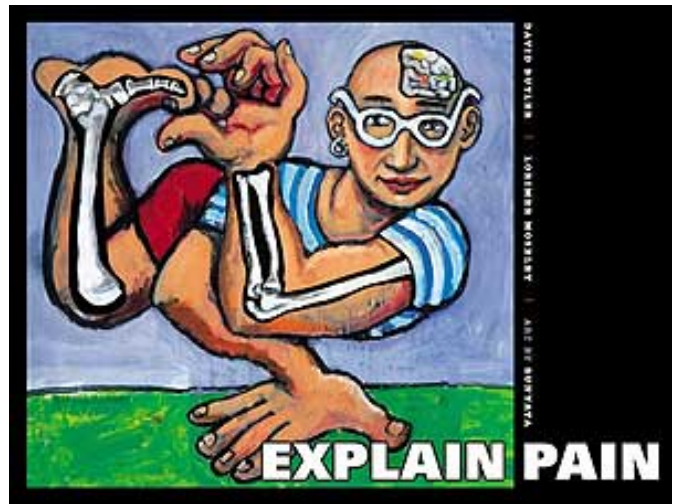
Frank Lloyd Wright: A Bio-bibliography is the latest of Langmead's works published since 1996 by Greenwood (of which the Praeger imprint forms a part). The other bibliographies are *Willem Dudok: a Dutch modernist*, *Dutch modernism: architectural resources in the English language*; *JJP Oud and the International Style*; and *The Artists of De Stijl: A guide to the literature*.

Since his retirement 18 months ago, Langmead has been working on three more bibliographies, on the life and works of the iconic figures of European Modernism, Walter Gropius, Ludwig Mies van der Rohe, and Le Corbusier.

The book is available online at amazon.com or barnesandnoble.com

David Butler, Lorimer Moseley; *Explain Pain*; 126 pages; AUD\$77.00; published by Noigroup Publications, Adelaide.

Explain Pain is a picture book aiming to demystify the process of understanding and managing pain.



Written in everyday language accompanied by quirky illustrations, the book explores all the major systems in the body and their responses to pain over time, and offers advice on how to make sense of the array of options out there for pain treatment and management.

Based on recent brain imaging studies that show that learning about pain neurobiology can desensitise pain ignition nodes and therefore pain perception, *Explain Pain* covers complex scientific ground without burdening readers with unnecessary jargon.

One of the authors, David Butler, is a qualified physiotherapist who completed a Masters degree at UniSA. He has taught clinical applications of pain sciences, altered nervous system mechanics and clinical reasoning science in North America, Europe and Australia and continues his association with UniSA as a lecturer in the School of Health Sciences.

Co-author Lorimer Moseley is currently researching perceptual and motor mechanisms of pain at the Royal Brisbane Hospital and the Queensland University of Technology.

Explain Pain is available at selected bookshops and can be ordered via the internet at www.noigroup.com/ep/, or by ringing Noigroup Publications direct on (08) 8211 6388.

The Graduate has a copy to give away. To be in the draw, email your name and postal address to thegraduate@unisa.edu.au marked Attention: *Explain Pain* giveaway

▲ [Back to top](#)

For queries relating to links contact: [UniSA Webmaster](#) | [Disclaimer](#) | [Copyright \(c\) 2000](#) | Latest content revision: November, 2003

[For staff](#)[For the media](#)[For alumni](#)[For potential donors](#)[For prospective international students](#)[> Publications > November/December 2003](#)

A LITTLE taste of...

by Cathy Hughes

Quince jelly

I've become a self appointed quince aficionado over the past decade. I love the fruit, and although its autumn season isn't long as far as availability in the marketplace goes, they keep remarkably well and make the most wonderful preserves ... to extend the pleasure all year round.

I grew up on a farm in the SA mallee, and preserving fruits was an annual ritual that involved the entire family in bottling, jam making, drying, freezing and sauce production.

Quinces are high in pectin which makes them ideal for making preserves such as paste, chutney, sweetmeats - and a divine jelly.

Quince jelly remains my favourite - partly because the process is unique compared to the more mainstream craft of jam making, but also because the quince itself transforms into the most delicious confection.

Who would have thought that a nubby, golden, down covered fruit that is generally not eaten raw because of its tartness could metamorphose during long slow cooking to create an aromatic, deep ruby red delicacy? Very beguiling...which could explain its use in ancient times as a symbol in marriage ceremonies for love, happiness and fertility...but I digress.

Essentially quince jelly is quite straightforward to make. Start by scrubbing the fruit to remove the down, chop into large chunks - complete with peel and core - cover with water and simmer for 3-4 hours. This long slow cooking helps extract maximum flavour, colour and pectin.

Meanwhile tie a large square of cheesecloth between the legs of an upturned chair - an alternative to the 'jelly bag' often described in English cookbooks, and strain the cooked fruit into a large bowl - where it's left for several hours to drip away. Don't be tempted to hurry the process by squeezing the fruit as it can harm the clarity of the final jelly.

Then for every cup of quince liquid measure a cup of sugar (I add a little lemon juice to counter the sweetness) and pop it all into a large pan and boil rapidly until the mixture starts jelling on the spoon. This usually takes about 15 minutes, but you do need to monitor closely. Skim any foamy bits on the top, pour into sterilized jars, cover with a lid and leave to cool.

The resulting jelly is clear, bright, sparkling red...and truly delicious.

As for what you can do with the resulting jelly... if you are a traditionalist then you'll enjoy lashings of it with scones and cream. Or try it spread on bread or muffins for an energy packed snack. Or for the more adventurous, try a spoonful stirred into sauces/ gravies or lamb tagines, use it as a condiment or glaze with roast meat, stir into fruit cakes for an unusual zing or as a glaze for fruit flans. Bon appetit!

 [Back to top](#)

For queries relating to links contact: [UniSA Webmaster](#) | [Disclaimer](#) | [Copyright \(c\) 2000](#) | Latest content revision: November, 2003


[For staff](#)
[For the media](#)
[For alumni](#)
[For potential donors](#)
[For prospective international students](#)
[> Publications > November/December 2003](#)

Creativity adds to Emma's bag of tricks

Emma Hutchinson is creative and resourceful, and she's learned a hug is a hug in any language.

Language barriers and poor resources are just two of the impediments she encounters on a daily basis in Zalau, a regional city in Transylvania, Romania, where she is working as a volunteer occupational therapist.

Hutchinson is working part time in the neurology ward of Salaj District Hospital and part time with a Dutch

foundation, which provides nursing and rehabilitation to people in their homes.

"Occupational therapy, as we would know it in Australia is a profession that does not yet exist in Romania, so a large amount of my time is spent educating doctors about the benefits of such therapy," she says.

"Much of my focus has been on training nurses and other health professionals in techniques, particularly relevant to the area of neurology, so that the work can continue once I have left Romania."

Sadly, according to Emma, it is unlikely a health professional such as an occupational therapist or physiotherapist will be employed in the near future because of the lack of funding available to support such a position. Patients who have suffered a stroke do not normally receive any form of treatment or therapy to encourage



functional return of the affected body parts.

"My work both in the hospital and with the foundation is primarily with people who have suffered neurological conditions. The aim of the therapy is to minimise further deconditioning from lack of movement, and to maintain or even improve the patient's function. The overall goal is to enhance quality of life."

Hutchinson says that the therapies she has been working on are well received by patients and their families.

"It is such a joy to see the pride they have in their small achievements, however there is little education given by doctors about the medical condition and little encouragement from nurses to conduct exercises."

With the help of first and second year occupational therapy students from UniSA, Hutchinson has been developing some posters and information sheets that patients and family members can learn from. These will facilitate a greater understanding of the medical and physiological background of neurological conditions, and provide education about exercises and other activities to improve function.

"There have been many challenging occasions here in Romania when I have been grateful for the skills I have developed in occupational therapy. Not only skills used in therapeutic techniques, but also skills related to creativity and resourcefulness. The nurses and patients often laugh at the objects I pull out of my bag to use in therapy. Sponges, toothpicks, balloons, clothes pegs, water bottles, cups - every day objects are included in my bag of therapeutic tools!

"Limited or even non-existent resources are one of the many significant differences I have observed between the Romanian and Australian hospitals. Wards are always over-crowded and a curtain between beds would be considered a luxury.

"Sometimes I feel like I am leading an aerobics class, as other patients join in the exercises from where they are sitting or lying.

"I realise what a broad and diverse profession occupational therapy is and how the treatment methods can be adapted in so many ways to suit various situations," she says.

In addition to her work in neurology at the hospital, Hutchinson spends time in paediatrics with babies who are admitted for long periods of time because of social problems with minimal medical needs. The babies spend extended periods of time without the opportunity to explore their environment or receive affection. Simply

providing care and conducting simple exercises will hopefully make a big difference to these babies' wellbeing.

"Spending time with them also gives me some 'time out' from the challenges of neurology, especially as the babies don't mind if I can't speak Romanian! A cuddle is the same in any language!

"As I have travelled around parts of this beautiful country of Romania and have seen the poverty of resources, particularly in areas of health and disability, I am amazed at the number of situations I have encountered where occupational therapy would be of benefit and I am reminded of the great potential this profession has in so many areas, not only in Australia but all over the world."

 [Back to top](#)

For queries relating to links contact: [UniSA Webmaster](#) | [Disclaimer](#) | [Copyright](#) (c) 2000 | Latest content revision: November, 2003


[For staff](#)
[For the media](#)
[For alumni](#)
[For potential donors](#)
[For prospective international students](#)
[> Publications > November/December 2003](#)

Cef a champion for migrant rights

by [Charlotte Knottenbelt](#)

When Ceferino 'Cef' Sanchez arrived in Australia from Spain in 1960, interpreting and translation services for migrants wanting to access health and social services were virtually non-existent. Forty-four years on and the situation has improved considerably, due in some part to Sanchez's tireless work in promoting the interests of people from non-English-speaking backgrounds.

A social worker who earned his qualification at UniSA's antecedent institution the South Australian Institute of Technology in 1982, Cef was a public servant in the '80s and '90s and was instrumental in introducing a range of social services for migrants, including bilingual counter staff at social security offices in Adelaide and an interpreter pool covering rural South Australia.

He's worked in an eclectic range of jobs, from labourer to nurse, to manager of the Multicultural Services Unit of Centrelink, and although he 'retired' in 1999, is still heavily involved in community work, as a trainer for Marion Football Club, a Justice of the Peace and a member of the Law Standing Committee of the National Accreditation Authority for Translators and Interpreters (NAATI). He was also recently elected president of the Federation of Spanish Speaking Communities.



Sanchez's dedication was acknowledged by the Federal Government this year when he was awarded a Centenary Medal in recognition of his services to multiculturalism and the Australian community.

The importance of interpreters hit home to Cef in the late '60s, when he heard about a road accident in the Adelaide Hills involving a truck full of Greek and Italian fruit pickers.

"There were a lot of injured people and the ambulance people were unable to communicate with them. That incident really spurred me on to do something to improve services available to non-English-speaking migrants," he says.

Which brings us to a message that Sanchez is keen to communicate to UniSA students and graduates: use interpreters, and use them wisely.

"Whether you are a social worker, or a medical or legal professional, it's likely that at some point you'll need to make use of an interpreter's services," he says. "NAATI can organise training on how to work effectively with interpreters, and I would encourage anyone working in the human services field to make use of this training."

For more information on the NAATI's services, contact Cheryl Appelkamp on (08) 8410 5233 or visit the website at www.naati.com.au.

 [Back to top](#)


[For staff](#)
[For the media](#)
[For alumni](#)
[For potential donors](#)
[For prospective international students](#)
[> Publications > November/December 2003](#)

Breaking through the glass ceiling UniSA graduate named SA business woman of the year

by [Karen Williams](#)

Being responsible for the administration of four hospitals with an annual turnover of \$75 million is all in a day's work for UniSA graduate Catherine Miller.

Miller, 42, was named the 2003 Telstra South Australian Business Woman of the Year on September 16.



She graduated from one of UniSA's antecedent institutions, the South Australian Institute of Technology (SAIT), with a Bachelor of Business (Personnel and Industrial Relations) in 1981, and a Master of Business Administration in 1990.

Things have changed a little since then. Miller was only one of a handful of females studying business when she first enrolled in the late 1970s.

Her career started out when she was appointed HR manager at the Queen Elizabeth Hospital in the early 1980s. She is now the local chief executive of Benchmark Healthcare, which runs Wakefield Hospital, Central Districts, College Grove, and the North Eastern Private Hospitals.

The Telstra awards aim to recognise, encourage and reward successful Australian businesswomen, across all levels and all types of business. Categories include employees in the private sector or owners with less than a 50 per cent share of a business; owners with a 50 per cent share or more in a business; employees of government departments, statutory bodies and not-for-profit organisations; and women aged 30 years and under.

UniSA was well represented in the list of finalists. Graduates who made it to the list include Catherine Miller, Sue Crafter, Trish Callaghan, Elizabeth Clare, Leanne Adams, Gail Casey, Lyn Hepburn-Brown and Anna Siros.

UniSA's Vice Chancellor Professor Denise Bradley hosted a lunch on September 30 to toast Miller's success, and the success of some of UniSA's other finalists.

 [Back to top](#)

For queries relating to links contact: [UniSA Webmaster](#) | [Disclaimer](#) | [Copyright \(c\) 2000](#) | Latest content revision: November, 2003



[For staff](#)

[For the media](#)

[For alumni](#)

[For potential donors](#)

[For prospective international students](#)

[> Publications > November/December 2003](#)

Dreamtime duo finds balance in business

At first glance, Janet Craig and Damien Shen could seem unlikely business partners.

It's true that you'd be hard-pressed to find two more contrasting people - Craig, at 44, with a Scottish/Welsh heritage has a

communications degree and almost 30 years experience in the public, private and community sectors, while Shen, a 26 year old Aboriginal/ Chinese visual communications graduate has managed his own business since leaving university. But in the case of Dreamtime Public Relations, it is the diversity of their backgrounds that has made the company so successful.

"When you combine knowledge and experience with youth and creativity you cover all bases," says Craig from their Hilton office. "I'm a writer and administrator, Damien is a designer and networker, so we balance each other really well."

In July this year, Dreamtime Public Relations was named NAIDOC (National Aboriginal Islander Day Observance Committee) Business of the Year (SA), less than eight months after Shen and Craig decided to form a company.

The pair first met five years ago, when Shen, portfolio in hand, approached Craig in her then position as public relations officer at Aboriginal centres Nunkuwarrin Yunti and the Aboriginal Sobriety Group.

"Damien walked in at the right time - my preferred graphic designer had taken off overseas and it was annual report time," says Craig. "I loved the fresh approach he took to graphic design and knew that I could achieve a culturally appropriate look by working with him."



"It's difficult to design for Indigenous organisations without the cultural knowledge that inherently flows from an Aboriginal spirit, and I wanted to take Nunkuwarnin Yunti and the Aboriginal Sobriety Group to new heights in corporate image. Damien's descent and qualifications made him the perfect choice."

Before joining forces, both Craig and Shen ran their own businesses, Craig running a corporate image consultancy while managing PR at two Indigenous organisations, Shen freelancing for clients such as Sony Music Australia, UniSA, Scholastic Australia and the Australian Society of Orthodontists. (He also found time to be a part time residential care worker for the Aboriginal Sobriety Group.)

"It got to a point where the scope and demand from previous employers and clients for corporate image services was too great," says Craig. "Damien and I had the same vision - to increase the recognition of Aboriginal organisations and provide training and development opportunities for Aboriginal people, and so when Damien rang up one day I suggested we start a company together."

"It didn't take long for me to agree to Janet's proposal", said Shen. "We had worked well previously as a team and I knew our combined talents would mean that we could provide a complete corporate image service from conception to delivery."

Within a week a name was settled on, a logo designed, and the company registered. With their good connections, strong skills base and desire to empower Aboriginal people and organisations via high quality corporate image, the work came flooding in - some of their clients so far have included SA Link-Up, the Aboriginal Sobriety Group, Aboriginal Health Council, Aboriginal Elders and Community Care Services, TAFE Aboriginal Education Unit, Hair Machine, and the University of West Sydney.

In August, Dreamtime moved out of Shen and Craig's homes into their current premises at 99 Sir Donald Bradman Drive. With Nigel Black, a UniSA honours graphic design graduate, Andrew Smart, a UniSA visual communications graduate, and website designer James Hubbard, they are looking forward to expanding the business as far as it will go.

"Our plan is to take Dreamtime all over Australia and overseas," says Shen. "In today's world of internet and email, it's entirely possible to provide a quality service from any location."

 [Back to top](#)

For queries relating to links contact: [UniSA Webmaster](#) | [Disclaimer](#) | [Copyright \(c\) 2000](#) | Latest content revision: November, 2003


[For staff](#)
[For the media](#)
[For alumni](#)
[For potential donors](#)
[For prospective international students](#)
[> Publications > November/December 2003](#)

Postgraduate study opens doors

by Jane Shirley

Think of how many other graduates you know still waiting to get a break in their chosen field. You may even be one of them. It's no secret that competition within today's employment market is tough - for example, did you know that 80 per cent of available positions aren't advertised?

Or that if you manage to get a foot in the door, many of the jobs you plan to snare when you've climbed a few ladder rungs may not even exist in 30 years?

It may sound daunting, but for those asking, 'so how do I keep up and get what I want?' there's a good chance that your answer may lie in postgraduate study. Speaking at the UniSA Postgraduate Study Forum in October, Phil Morton, general manager of TMP/Hudson Global Resources and a UniSA graduate, shared this message with a large audience, and explained why postgraduate qualifications are fast becoming the rule and not the exception.

Joined by former AFL coach David Parkin, Pro Vice Chancellor Professor Kevin O'Brien, and fellow UniSA graduates Shivani Reiter and Katrina Webb, he pointed out that the need to actively improve employability in an ever-changing workplace is not just an issue for the newly graduated; it is highly relevant for anyone seeking advancement, career change, salary increase, or even a way to avoid redundancy. He also added that pursuing postgraduate study not only improves professional horizons, but offers the opportunity to further develop social and personal skills as well.

"Postgraduate study gave me the chance to broaden my understanding of other's



perceptions, and the opportunity to engage in networking with like-minded people," he said. "Postgraduate qualifications not only demonstrate an interest in life-long learning, they also show that you are motivated and have a desire to achieve your personal goals."

UniSA currently offers more than 240 postgraduate programs, covering virtually everything from graduate certificates in hydrology to PhDs in visual arts. And there are support services available on each campus for those looking to take the step into postgraduate study. Assistance is on offer for any matters ranging from how to organise a postgraduate study loan or accommodation, to accessing learning services and child-care facilities on campus.

For further information about the postgraduate courses on offer at UniSA, visit www.unisa.edu.au/study/progcourses/postgrad.asp, or call the Program Information Centre on (08) 8302 2376.

 [Back to top](#)

For queries relating to links contact: [UniSA Webmaster](#) | [Disclaimer](#) | [Copyright \(c\) 2000](#) | Latest content revision: November, 2003

[For staff](#)[For the media](#)[For alumni](#)[For potential donors](#)[For prospective international students](#)[> Publications > November/December 2003](#)

Journalism graduates reunite 20 years on

Twenty years ago they were a disparate but enthusiastic and creative collection of teenagers, 20-somethings and mature entry students, beavering around Murray House, all with ambitions to make their mark on the journalistic world.

On Saturday September 6, more than 50 of them; former students drawn from the intake years 1979, 1980, 1981 and 1982 gathered at the Adelaide Hilton from as far afield as The Netherlands and Jakarta to reflect on their Magill campus (then Hartley CAE/SACAE) experiences and friendships – and the years subsequently. The reunion dinner capped off two years of planning and tracking down former students around the world.

Organising committee spokesman, Craig Middleton, now public affairs manager for Energy Australia in Sydney, said it was the first such major reunion for former Magill journalism students. “Twenty years on, it is amazing to see the variety of paths we followed after our time at Murray House, then home to the journalism school,” Craig said.

“While our reunionees included many people now in senior positions in journalism, public affairs, public relations, media management and government around Australia, it also was great to see how others have found success in many other non-journalism fields too,” he said.

Almost half the former students now are living and working interstate, particularly Melbourne and Sydney, while 1979 intake student Ong Hock Chuan flew in from Jakarta where he runs his own PR business and 1981’s Sheree Tirrell was in town from The Hague.

Reunited with their former students were lecturers Julie Duncan, for whom the 1980 ‘Journalism Practice and Theory’ classes were her first as a journalism educator, and senior SA law identity Kym Kelly whose law lectures have subsequently gained legendary status!

The gathering also was addressed by UniSA's Associate Professor Michael Galvin, Head of the School of Communication, Information and New Media, on how journalism currently is taught at the university.

Journalism and the media have come a long way since these students crowded the lecture rooms of Murray House or the Student Association bar. Video and newspaper production techniques were in the formative stages of the electronic age and the Internet was unheard of – even CDs were a few years off!

“The overriding memory of those days at Magill in the early ‘80s was of a really eclectic mix of motivated, creative and ambitious young people. The reunion revealed that while we all are a little older, perhaps none of us really have changed since,” Craig Middleton said.

 [Back to top](#)

For queries relating to links contact: [UniSA Webmaster](#) | [Disclaimer](#) | [Copyright \(c\) 2000](#) | Latest content revision: November, 2003

[For staff](#)[For the media](#)[For alumni](#)[For potential donors](#)[For prospective international students](#)[> Publications > November/December 2003](#)

Catching up in Beijing



On a recent trip to Beijing, UniSA's Vice Chancellor, Professor Denise Bradley found time to catch up with Louise Qiao (pictured above with Professor Bradley and Australia's Education Minister, Brendan Nelson). Louis graduated from UniSA with an MBA and a Graduate Diploma in Management (Arts) in 1999, and is the Vice President and Secretary General of the Australia-New Zealand Chapter of the Western Returned Scholars Association.

[▲ Back to top](#)