



Our alumni continue to shape the future of nursing through their leadership, compassion, and commitment to excellence.

From advancing patient care and education to strengthening communities and the profession as a whole, University of Saskatchewan (USask) College of Nursing alumni accomplishments reflect the values instilled during their time at the College of Nursing. We are proud to share just a few stories that highlight the impact our alumni are making and the many ways they inspire us all.



Steven Hall receives Canada's top doctoral scholarship

University of Saskatchewan alumnus Steven Hall (BSc'18, BSN'20, MN'23) completed his USask Bachelor of Science degree in 2018, Bachelor of Science in Nursing (BSN) in 2020, and Master of Nursing (MN) in 2023. After finishing his MN at USask, he continued his graduate nursing education at the University of Alberta, where he is currently pursuing a Doctor of Philosophy (PhD).



Steven Hall. Submitted.

His contributions to nursing research and planned project for his doctoral program earned him a Vanier Canada Graduate Scholarship. The coveted scholarship is Canada's top award for doctoral students, valued at \$150,000 (\$50,000 per year for three years) and is jointly administered by the Canadian Institutes of Health Research, Natural Sciences and Engineering Research Council of Canada, and Social Sciences and Humanities Research Council of Canada.

The scholarship is named after Major-General Georges P. Vanier, the first francophone Governor General of Canada, and recipients are selected based on academic excellence, research potential, and leadership.

Hall is a registered nurse with a clinical background in general internal medicine and is certified by the Canadian Nurses Association in the specialty of medical-surgical nursing. His research focuses on enhancing the quality of care older adults and their caregivers receive when accessing health and social systems. His doctoral work involves developing a tool to facilitate communication between nurses

and caregivers of older adults living with dementia.

Hall taught in the USask BSN program for three years before moving to Edmonton to continue his studies. Now, he is working as a lecturer in the University of Alberta's undergraduate nursing program. His tenacity also landed him a position serving on the editorial board for the peer-reviewed journal, *Dementia: The International Journal of Social Research and Practice*.

Hall's thesis work during his MN program at USask, "*The Saskatchewan Caregiver Experience Study*," has resulted in six peer-reviewed publications. He was supervised in his MN by College of Nursing Associate Professor Dr. Noelle Rohatinsky (BSN'02, MN'08, PhD'13). His committee members were College of Nursing Professor Dr. Shelley Peacock (BSN'95, MBA'01, PhD'09) and Emeritus Professor Dr. Lorraine Holtlander (BSN'85, MN'05, PhD'08). All six published manuscripts have been co-authored by his MN committee.

Bonnie Eklund is a family nurse practitioner and children's book author



Books co-authored by Alumna Bonnie Eklund. Submitted.

Growing up in Tisdale, Saskatchewan, USask graduate Bonnie Eklund (BSN'96) "always had a desire to help others." With the goal of making a difference in patients' lives, Eklund decided to study nursing after high school, earning her Bachelor of Science in Nursing degree in 1996. In 1998, Eklund went on to attend graduate school in Connecticut, USA. She now lives and works in British Columbia as a family nurse practitioner.

Outside of her work in healthcare, Eklund is a writer who has co-authored two children's books. The first, "*It's Great to Be Different*," was co-written by Eklund and USask graduate Ashley Vercammen (BA'17). It was self-published in 2024 with Home Style Teachers. The second book, "*It's Great to Be Adopted*," was co-written by Eklund and her son, Amel. That book was self-published in 2025, also with Home Style Teachers.

Why did you choose to study at USask?

It was the best university in Canada close to home.

You are now a family nurse practitioner in British Columbia. What do you enjoy about your career and providing care to your patients?

I love being able to make a difference and hopefully try to fill some of the gaps in healthcare we are having right now.

You have written two children's non-fiction books. What inspired you to write these books?

My son, whom we adopted from Ethiopia when he was a baby.

What is the focus of *It's Great to Be Different*?

These short stories are perfect to spark the conversation of differences among friends. This book addresses skin colour, gender norms, and physical and mental abilities. These stories are based on real situations some children have faced and allow the learning to begin at home.



What is the focus of *It's Great to Be Adopted*?

It celebrates the love, joy, and belonging adoption brings. It helps children understand families are built in many different ways—and being adopted is something to be proud of. My son wanted other kids to understand adoption and to not feel sad for him.

You wrote *It's Great to Be Adopted* with your son. What was that process like?

It was wonderful to be able to do it together. He did all the writing. He is 10 now. We started the process when he was eight years old.

What responses have you received from readers about your books?

We have had a wonderful response on Amazon USA and it has been sold internationally. People love the stories.

What advice do you have for other USask alumni who may also want to write and publish a book?

Don't give up your dream of writing a book. It takes time and perseverance, but it's worth the outcome.

Is there anything else that you would like to add?

I just hope others enjoy reading it and the messages we convey are shared and spread around the world.

This story was originally prepared for the USask Green & White Alumni Book Nook.



From undergrad to PhD: Alumna Lindsey Vold's story

From not being convinced she wanted to be a nurse, Dr. Lindsey Vold (BSN'15, MN'17, PhD'25) has come a long way to earning a Doctor of Philosophy in Nursing in 2025, with a focus on public health.

With no nurses in her family, Vold didn't know much about nursing before she enrolled in the Bachelor of Science in Nursing program. All she knew was that she was about three years into an Arts and Science degree that really wasn't grabbing her attention, and maybe another option would be a better fit.

But still, even once entering the BSN program, Vold was reluctant about nursing.

"I was ready to drop out in my first year, and thankfully I had a clinical instructor who told me, 'this isn't all that nursing is, so just wait, stay in'. Thanks to her wise advice, I have completed my PhD, which is crazy," said Vold.

Her passion really ramped up during her fourth year in the BSN program when she started learning about the social determinants of health.

Before landing on public health, Vold tried several pathways in nursing to find her fit; first in rural medicine, then in maternity and neo-natal intensive care unit (NICU). But the pace and routine did not suit her. Where she did find herself more engaged was working at Saskatoon Sexual Health, a non-profit focused on sexual and reproductive health.



Lindsey Vold. Submitted.

"I just loved my job there because I had coworkers who weren't only nurses, but people who were so committed to a core mission and vision and did things differently, not like a traditional clinic," said Vold.

From there she went to work in Nunavut and the Northwest Territories, which was another good match.

"I really love northern nursing. It's so much of a team effort and everyone's there to support each other," she said.

After completing her undergraduate degree in nursing, Vold decided to go all in and do her USask Master of Nursing degree.

"I knew higher education might give me more job opportunities, especially if I wanted to not only work at the bedside, but in public health."

During her MN program, she applied for the Queen Elizabeth Scholarship and gained some international experience, while completing a term in East Africa.

After completing her MN, College of Nursing Professor Dr. Wanda Martin (PhD) reached out to Vold to see if she was interested in taking a course in situational analysis, which prompted Vold to apply to the PhD program under Professor Martin's supervision.

She circled back to her interest in northern nursing to focus her PhD research on a community greenhouse project in the Northwest Territories. The greenhouse was a project in partnership with a technology startup in Whitehorse, to retrofit a trailer for hydroponic growing using water as the growing medium to sidestep the frozen ground. Vold's focus was on how a community-based organization navigates implementing a tech solution.

"I came from a community health perspective to know that pre-assessment is really important, and also quality assessment of what's working, what isn't, and next steps," said Vold, noting that she hopes her work can help other communities be better prepared for similar projects.

She found the project was a good initiative, but some challenges made it difficult along the way. Finding certified technicians to handle the technical element and even finding niche replacement parts was difficult in such a remote community, so the development was more unstable than expected.

"It might have been too uncertain for a community-based organization to spearhead that kind of project," said Vold, noting the greenhouse is still going, but now runs only in the winter when vegetables are scarcer rather than the summer.

The path to completing her PhD was also interrupted as she was preparing her doctoral research proposal when the COVID-19 pandemic happened. Vold had to pivot to remote data collection initially, but she also threw herself into the pandemic response effort, landing a job as a public health nurse in the Northwest Territories.

"There were six of us trying to do COVID response for the Northwest Territories in the beginning," said Vold.

"I had a great supervisor, Stephanie Gilbert, an Inuk nurse, and such an advocate for us and Indigenous people, a great role model of leading with empathy and expertise," said Vold.

When she was able to safely continue her research, Vold stayed in the Northwest Territories to finish her data collection and has since been back often to work on a variety of projects, including those with a focus on youth and sexual health education.

Vold says that both the research and her experience working in a community compel her to continue to find new ways to do public health research in her future.

"I want to be focused on something that's going to have an impact, not only theoretical, but community-based research."

She also aspires to continue working in harm reduction and toxic drug supply.

Calling herself "a Saskatchewan girl, born

and bred," Vold also aspires to continue contributing to her home province, crediting the support from the College of Nursing for helping her find her path.

"I've met some great faculty that literally changed my life."

Vold successfully defended her Doctor of Philosophy in Nursing dissertation, "*Situational Analysis of Local Food Production in a Northern Setting: A Holistic Nursing Perspective*," April 2025.

“I was ready to drop out in my first year, and thankfully I had a clinical instructor who told me, ‘this isn’t all that nursing is, so just wait, stay in’. Thanks to her wise advice, I have completed my PhD, which is crazy.”

– DR. LINDSEY VOLD



Alumnae Dr. Karen Juckes and Megan Hewson publish children's book

Inspired by the lived experiences of participants from the Improving Pain in Saskatchewan (IPSK) community-based participatory research project, "*Rikki's Invisible Pain*" is a children's book that showcases the experiences of children living with complex (also called chronic) pain.

Among the research team behind the book are University of Saskatchewan College of Nursing alumna and Assistant Professor Dr. Karen Juckes (PhD) (BSN'84, MN'21) and nursing alumna Megan Hewson (BSN'18).

In addition to Dr. Juckes and Hewson, the book is authored by others from IPSK including Nikki Cooke, a person with lived experience (PWLE) and an inclusive education teacher from Regina, Heather Lewis, a hospital school teacher with Regina General Hospital, Ross McCreery, a PWLE from Regina, and Alex Schmidt, a Grade 3/4 teacher in Regina. The illustrator is Chad Geran.

Juckes says the team was inspired to write the book after hearing repeatedly from children, parents, and young adults that one of the hardest parts of living with complex pain is the feeling of missing out and the lack of understanding from others, particularly at school.

"Our overall goal in writing the story was to give children with complex pain a voice," said Juckes.

"Given that one in five children live with chronic pain lasting three months or more, we

hope that children and teens with complex pain will receive validation from the book and find it helpful in explaining their pain to others. It is also hoped the book will create increased awareness and understanding about complex pain in childhood among peers, teachers, and healthcare providers," adds Juckes.

Since publication, the book has been shared through numerous presentations and conferences, including the 2023 International Symposium on Pediatric Pain, the Canadian Pain Forum in 2024, and the Canadian Pain Society Conference in 2025.

The book has also been shared at a teachers' conference in Regina and with USask Nursing students during their pediatric clinical rotation.

The team has plans to distribute the book across the province to teachers, healthcare providers, child life specialists, and people with lived experience.

The book will eventually be available in schools, hospitals, outpatient clinics, and community agencies so it can be passed along to children and families.

Rikki's Invisible Pain is available online in both English and French.

This project received funding through a Saskatchewan Health Research Foundation (SHRF) Sprout Grant, a partnered funding opportunity between SHRF and the Saskatchewan Centre for Patient-Oriented Research.



(l to r) Dr. Karen Juckes, Alex Schmidt, and Megan Hewson. Submitted.

Meet Rikki. Rikki is an elementary school student who loves horses, riding bikes and collecting rocks. Yet Rikki has a secret: they are also someone who lives with complex pain. While Rikki may be a character in the new children's picture book, the struggles that Rikki feels are very real. The book reveals the challenges of living with complex pain, from the physical limitations to judgement from classmates, who are unaware. As the story progresses, Rikki's teacher creates a safe space for sharing about the condition, and Rikki feels better for the chance to improve understanding about their world. As the book's ending notes, Rikki finally feels seen and heard.



Finding joy on the trails: How running inspires Caitlin Schindel

University of Saskatchewan graduate Caitlin Schindel (BSN'12) could teach a master class in discipline, perseverance, and time management.

The wife and mother of three young children stays busy raising her family, while also working as a registered nurse in the emergency department at Saskatoon's Royal University Hospital. In her free time, she trains as an elite runner who takes part in competitions around the world, including the Ultra-Trail du Mont-Blanc (UTMB) marathon in Puerto Vallarta, Mexico, where she won in the women's 50-kilometre category in 2023. Schindel finished the race with an outstanding time of 5:40:11—more than 33 minutes faster than her closest competitor in the female 50km division.

"It's my stress reliever and my time to think," she said of running.

Schindel, who was born in Saskatoon, graduated from RJC High School in Rosthern, SK., before starting her post-secondary studies at USask's College of Arts and Science in 2007. In 2008, she enrolled as a student in USask's College of Nursing, later earning her Bachelor of Science in Nursing degree in 2012.

"I'd always been interested in healthcare," said Schindel, who grew up seeing her mother and her grandmother work as nurses. She



Caitlin Schindel, a member of Team Canada, is pictured at the finish line at the World Mountain and Trail Running Championships in Spain in September 2025. Submitted.

later realized that nursing would be the right career for her, too.

"I love it. There are so many opportunities."

Just as nursing is in her blood, running has always been a natural fit for Schindel, who took up the sport as a child and hasn't stopped running since.

"My parents somehow noticed that I could keep running and running, even when I was six or seven, and they put me in children's triathlons," said Schindel, who also played soccer throughout her youth and spent Grades 11 and 12 running cross-country and track at RJC.

"I ended up getting one of the top places in provincials in Grade 12," she recalled. "So, the Huskies coach at the time was at those races and he recruited me."

Schindel said joining USask Huskies as a cross-country and track athlete "turned out to be a great decision." She thrived as a student-athlete; while working toward her nursing degree she also became a four-time Canada West All-Star who won the 2010 Canada West cross-country women's championship title.

"It was amazing," she said of her time as a student athlete. "It was a great community, and I still have so many lifelong friends from it. I just progressed as an athlete so much, too."

After graduating from USask, Schindel ran an impressive 2:45:58 at the Chicago Marathon in 2014 before taking an eight-year break from competitions to focus on starting a family. After Schindel gave birth to her third child in 2021, she felt the time was right to get back into the competitive racing scene. She chose the 2022 Beaver Flat 50—a challenging and hilly trail run in Saskatchewan Landing Provincial Park—as her first foray back into competitions. It marked both her first trail race and her first competitive race as a mother.

"It's the biggest trail race in Saskatchewan, and I'd just heard stories about how awesome it was," she said. "I'd always wanted to try trail races because I love going out in nature and I've always loved trails. It's just always a new adventure and you see new things."

Schindel won the 2022 Beaver Flat 50 in a new course record. She followed up that impressive win in 2023 with a third-place finish at the Squamish 50 in British Columbia, followed by wins at the Queen City Marathon and Puerto Vallarta UTMB 50k race.

"That spurred on my love for trail running," she said. "I feel like trail running's my main love now, but I haven't shut the door on road racing, either."

Schindel's most recent race was at the World Mountain and Trail Running Championships in September 2025—an event she described as "the Olympics of trail running." As a member of Team Canada, Schindel competed against runners from about 70 other countries in Canfranc-Pirineos, Spain. "It was such a cool experience," she said, noting it was an extremely challenging course due to the 5,500 metres of elevation gain.

Despite heading into the daunting 82-kilometre race with a recently sprained ankle, Schindel finished as the 74th female and 210th overall. She was pleased with the outcome, particularly since just two days before her flight to Spain she remained unsure whether she could compete.

"It was a miracle," Schindel said of crossing the finish line, adding that her ankle is still "pretty weak."

"I was just so grateful that I was even there and doing it. When I crossed the finish line, it was a crazy good victory for me."

Schindel was the only Saskatchewan representative on Team Canada, which included herself and five other women. Despite her injury, Schindel placed fourth among the six Canadian women.

"I was very happy with how it turned out," she said.

While there are many things that can be unpredictable about trail racing, such as the weather, Schindel is unphased as a competitor. When it's hot outside, she will dump water on her head or drink extra water to stay hydrated, but beyond that she doesn't make specific racing plans or employ

specific coping strategies.

"Ignorance is bliss. I'm not going to obsess over the weather or obsess over the trail map. I'm like, 'You know what? It will be what it will be. When I see it, I will run up it.' I'm not going to review every nook and cranny of this trail ahead of time. Let's just go."

Schindel receives ongoing support from her family, friends, and her husband, fellow USask Nursing graduate Chris Schindel (BSN'13), who was also a member of the Huskie cross-country team while studying at USask.

"One of the main reasons I love running is because of the community of people that I get to run with as well," said Schindel.

She finds it easy to stay motivated to train for big events, even when the winter weather dips down to -40 C in Saskatchewan. A self-described "very high-energy person," Schindel believes running brings her focus and helps her to be the best parent, wife, and nurse she can be.

"I love running," she said. "Even a daily random run, it's just my daily me time. It's just so refreshing and fills my cup."

This article is adapted from a piece written by Shannon Boklaschuk, USask Green & White.

“Even a daily random run, it's just my daily me time. It's just so refreshing and fills my cup.”

– CAITLIN SCHINDEL

Alumni find love in the emergency room

Tracy Gabriel (BSN'05, MN'16) may be an integral part of the University of Saskatchewan College of Nursing as an instructor at the Yorkton distributed nursing site, but it seems USask has close ties to her personal life as well.

Both she and husband DJ Gabriel (BSN'04) are graduates from the Nursing Education Program of Saskatchewan (NEPS).

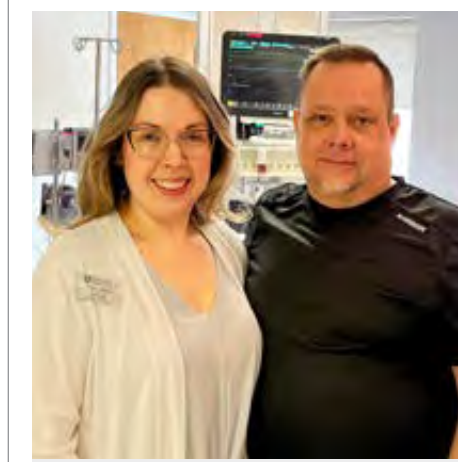
"We completed NEPS at the Regina Campus," said Tracy.

"DJ was one year ahead of me in the nursing program, and we got married while we were both USask Nursing students—we had student friends from years 2 and 3 at our wedding reception and we used to share textbooks!" she said with a laugh.

The couple was introduced by a coworker when DJ was a paramedic earlier in his career, prior to studying nursing.

Now they both spend their time together at the Yorkton Regional Health Centre; her teaching USask Nursing students and working casual as a utilization coordinator and DJ as the clinical care coordinator for the emergency and intensive care unit.

Although not in the same unit now, previously Tracy and DJ used to work many



Nursing alumni and married couple Tracy and DJ Gabriel at Yorkton Regional Health Centre. Submitted.

shifts together in emergency!

Tracy has been an instructor with USask College of Nursing since 2014 and is also a student in the cross-departmental Doctor of Philosophy program at USask College of Education, with a focus on the scholarship of teaching and learning. Her teaching in the nursing program has primarily been as an instructor in the simulation, skills and assessment labs, but also taking clinical groups to long-term care, medicine, surgery, and pediatrics.

While Tracy and DJ were newcomers to the Yorkton area, they love it. Seeing firsthand the experience of USask offering the Bachelor of Science in Nursing program in Yorkton, Tracy said, "having options to study locally is something she recommends to all Yorkton and area students."

"The Learn Where You Live option gives students the opportunity to complete their studies to become registered nurses, while being in or close to Yorkton. It can be difficult to relocate, especially with small children or a spouse, to somewhere new with limited supports."

Now considering themselves local, both Tracy and DJ say they like being close to both work and nature.

"We came here as a result of a bursary for new nursing grads, but Yorkton has many services and that was important for us when considering where to live and work," said Tracy.

As a graduate of the Master of Nursing program, also through USask, she adds the program's online delivery is such a benefit, one that allowed her to pursue further advanced nursing education without leaving Yorkton.

"For any graduate-level studies, it is important course delivery is conducive to work/family balance. I would not have been able to pursue a Master's nor PhD if it wasn't online and asynchronous."





Jade Houmphanh represents Canada in FIFA World Cup

While many students juggle school and part-time work, University of Saskatchewan College of Nursing alumna Jade Houmphanh (BSN'25) spent her undergraduate degree years balancing a busy nursing course load while training, travelling, and competing as a Huskie student athlete.

That balancing act ultimately took her far beyond campus, leading to an opportunity to represent Canada at the first-ever FIFA Women's Futsal World Cup – the five-player indoor version of soccer – in the Philippines in November 2025.

"It's been a whirlwind," said Houmphanh.

"If you told me at the start of the year that I'd be playing for Team Canada and going to the World Cup, I would've said you were crazy."

Houmphanh is a recent USask graduate, completing her Bachelor of Science in Nursing degree in spring 2025.

She looks back fondly on her time at USask. She appreciated being exposed to many different nursing specialties during her clinical placements, which helped her determine the path she wanted to follow.

Just as memorable were the relationships she built. "Nursing school gave me some of my closest friends, who continue to be a key support system in my life."

Houmphanh appreciated that USask allowed her to continue her athletic pursuits at a highly competitive level, while working toward her nursing degree. "It gave me the chance to pursue both my passions without having to choose between them," she said.

Houmphanh's time as a Huskie athlete taught her lessons in discipline, organization, and communication. "It taught me how to thrive in a demanding and fast-paced environment," said Houmphanh.

To manage both athletics and academics, she became proactive in communicating with professors and clinical coordinators, particularly when planning around competitions or travel.

"By working collaboratively with those involved with the BSN program and Huskie Athletics, I was able to align my commitments, avoid conflicts, and create the support I needed to reach my full potential."

Time management became second nature. She often squeezed study sessions between practices and dedicated her weekends to staying ahead.

Her efforts paid off as she was named a U SPORTS Academic All-Canadian three times, an honour awarded to student-athletes who maintain an 80 percent or higher academic average. "I'm proud of it, as it reflects the dedication I put into both my studies and my sport," she said.

Her journey to the international stage was fast-paced and unexpected. "It was a journey filled with hard work, dedication, and sacrifice from the players and staff," said Houmphanh.

"I remember making multiple trips to Montreal to train with the team, while also finishing my preceptorship and studying for the national nursing licensing exam. Looking back, it was all worth it."

Houmphanh credits Huskie women's soccer head coach Jerson Barandica-Hamilton, her teammates, and the Saskatchewan soccer community for helping her prepare. "It was a once-in-a-lifetime opportunity to be part of history," she said. "To represent not just Canada, but Saskatchewan, was an incredible honour."

While she remains open to future professional soccer opportunities, her focus for now is on her nursing career. This past summer Houmphanh started at Jim Pattison Children's Hospital in Saskatoon and is looking forward to developing her career as a registered nurse.



Jade Houmphanh. Submitted.

“ I remember making multiple trips to Montreal to train with the team, while also finishing my preceptorship and studying for the national nursing licensing exam. Looking back, it was all worth it. ”

– JADE HOUMPHANH

Throughout 2025, University of Saskatchewan (USask) College of Nursing alumni came together to reconnect, celebrate shared experiences, and strengthen their ties to the college. Four alumni reunions offered meaningful opportunities for graduates to reflect on their time at the University, share professional journeys, and renew lifelong connections with classmates. Together, these gatherings highlighted the lasting impact of a USask Nursing education and the continued engagement of alumni long after graduation.

- May 3, 2025 – 2015 Class Reunion **10th Anniversary**
- October 3, 2025 – 2000 Class Reunion **25th Anniversary**
- September 26, 2025 – 1985 Degree Class **40th Anniversary**
- September 11, 2025 – 1975 Degree Class **50th Anniversary**



The 2015 class celebrates their 10th anniversary with some College of Nursing faculty. Kayla Buchanan.



The Class of 2000 comes together at the University of Saskatchewan Saskatoon Campus to celebrate their 25th anniversary. Lucinda Proulx.



Returning to the University of Saskatchewan College of Nursing, the Degree Class of 1985 celebrates their 40th anniversary. Brenda Lashyn.

Celebrating 50 Years: Class of 1975

The room was full of vibrant energy as the Class of 1975 gathered to celebrate an extraordinary milestone – five decades since earning their nursing degrees. The reunion was filled with warmth, joy, and heartfelt connection, the kind of celebration that lingers in one’s memory long after the reunion ends.

Laughter echoed down the halls as classmates shared stories, reminisced about their college days, and rekindled friendships formed half a century ago. The strength of their community was undeniable; the bonds they built in 1975 remain as genuine and unbreakable today.

On September 11, 2025, the group came together over coffee and sweets, filling every corner of the room with lively conversation and cheerful chatter. Many members of the class stay connected throughout the year, with some planning a trip to Vancouver Island to continue the tradition of togetherness.

The classmates also enjoyed hearing updates about the College of Nursing’s ongoing research initiatives, with special interest in Dean Dr. Solina Richter’s (DCur) research in Africa. Their pride in the evolution of the profession – and in one another – was palpable.

A celebration of friendship, legacy, and lifelong connection, the Class of 1975 reunion was truly one to cherish.



Alumnae from the Class of 1975 with Dr. Solina Richter. Miren Luczka.



Class of 1975 Reunion at University of Saskatchewan College of Nursing Saskatoon Campus. Miren Luczka.



Class of 1975 alumna receiving a certificate and alumni pin from Dr. Solina Richter. Miren Luczka.