



Cornucopia

Network of New Jersey, Inc.

September 2011

Nine Open Gardens on September 17th

by Pat Kenschaft

On Saturday afternoon, Sept. 17, CNNJ will host a tour of nine organic vegetable gardens, five in Montclair and one each in Belleville, Nutley, Bloomfield, and West Orange. My front yard (56 Gordonhurst Ave., Montclair) will feature the annual Monarch butterfly tent and other displays.

After 5 PM there will be a potluck supper in the back yard of Nancy Taiani at 50 Gordonhurst Ave.

followed by our annual meeting. All are welcome to both.

Eight gardens will be open from 2 to 5 PM. My (Pat Kenschaft's) garden in the back yard of 56 Gordonhurst will be open only from 2 to 4 PM – nobody will be allowed in the back yard after 4. Come by 3:30 at the latest if you want a good look at my eggplants, peppers, basil, etc., and preparations for fall and winter. I have raised almost all my family's vegetables year round for decades with no poisons, commercial fertilizers, or power machinery.



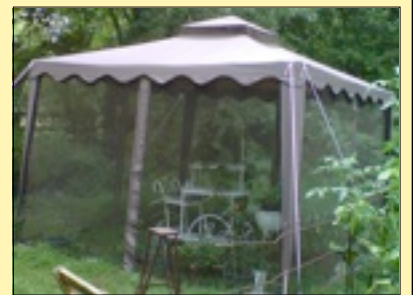
Don't miss the release of the Monarchs! photo by Kate Albright

Kathy Bachmann is at 210 Orange Rd., Montclair: "corner of Warren, on the right driving south." "This is my second year of vegetable gardening with 'Square-Foot Gardening.' I have 4 raised beds for vegetables – tomatoes, edamame, broccoli, strawberries, zucchini, green beans, snap peas, beets, raspberries, etc. My kids love helping me and especially eating tomatoes and snap peas from the vine. If you're just starting out, this is a starter garden to check out. If you're a master, come share your tips

with me. I'm also an avid flower gardener, with a perennial cutting garden – happy to share tips about that."

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The Sept. Open Garden Tour always features Trina Paulus and Una McGurk's annual Butterfly Tent in Pat's front yard (56 Gordonhurst, Montclair) from 2 to 5 PM. Bring children and cameras! We'll occasionally release butterflies "whenever there are enough children present."



Invasive Species in the Garden

by Rachel Mackow, NJISST

The impulse to garden is strong—once the weather warms, gardeners prepare the soil and hang up hummingbird feeders. Not only do people enjoy getting dirty while cultivating and caring for plants, a beautiful home landscape is a great reward.

Meanwhile in our wild areas, native species like pinxter-bloom azalea, turtleheads, and Joe Pye weed gear up for the growing season, too. Here's what will happen: The spectacular black and orange Baltimore checkerspot caterpillar will find the turtleheads—its larval host plant. Swallowtail butterflies and bumblebees will find nectar and pollen in Joe Pye's showy, frothy, lavender blooms. Pinxter-bloom azalea will light up rich woodlands with pink blossoms that hide wood thrush nests full of hungry nestlings. Parent birds will catch untold numbers of insects to feed their young.

Frequently, home landscapes don't support this level of biodiversity. Plantings of non-native species are most often the culprit – they do little to support native wildlife. In addition, many commonly planted landscape plants are invasive – Japanese barberry, Chinese silvergrass, and butterflybush are just a few examples.

Though these plants may seem “well-behaved” in the garden, they are readily dispersed to natural areas by wind, water and wildlife, sometimes far from the original plantings. Once established in a natural area, they grow unchecked – the native insects, herbivores, and plant diseases that utilize on our native flora don't find invasive species palatable. To add to the problem, overabundant white-tailed deer preferentially browse our native flora, giving the less-palatable invasive species a competitive advantage.

A healthy natural area has an array of native plant species. From the last spring frost to late autumn, a succession of blooming and fruiting occurs, providing nectar, pollen, and nutritious seeds for wildlife like insects and birds. As native plants are replaced by invasives, native insects find fewer and fewer food sources and host plants. Insect biodiversity plummets, leaving insectivores like songbirds searching for food.

Invasive species place a tremendous burden on biodiversity and natural resources. Collectively, invasive species have an annual cost of \$120 billion to agriculture, forestry, and recreation, and are considered the greatest threat to global biodiversity after outright habitat destruction. In New Jersey, 31 invasive plants have been identified as widespread, meaning they occur in high numbers across most of

the state. Unfortunately, the problem is expanding through the continued introduction and spread of new invasive species – this includes 79 additional emerging or potentially invasive plant species in New Jersey.

Surprisingly, “about half of the worst invasive plants currently degrading natural habitats from coast to coast were brought here intentionally, for horticultural use,” writes Janet Marinelli in *Native Alternative to Invasives Plants* published by Brooklyn Botanic Garden. Knowing this gives the home gardener a tremendous opportunity to support neighboring natural areas – our local nature preserves, national parks, and undeveloped private lands – simply by planting natives.

Fortunately, native plants are increasingly easy to purchase from dedicated native plant nurseries, seasonal native plant sales, and some garden centers. Native plant growers can recommend appropriate replacements for invasive plantings. They are familiar with deer overabundance and can suggest deer resistant species. The New Jersey Invasive Species Strike Team provides a “**DO NOT PLANT List**” on our website – handy when heading to the nursery!

When gardeners replace invasive plants with native plants, bringing birds, butterflies, and pollinators to their doorstep. They reconnect their landscape with the natural world and support global biodiversity right in their backyard.

The characteristics that qualify a species as “invasive” are:

1. introduced to an area outside of its natural range
2. grows quickly and/or densely and excludes other species
3. drastically reduces biodiversity at all levels
4. interrupts the natural functions of an ecosystem 🐦

Ed. Note: Rachel Mackow is Land Steward for Friends of Hopewell Valley Opens Space. She serves as the Central Region Coordinator for the New Jersey Invasive Species Strike Team. (NJISST) NJISST is a statewide cooperative effort with a mission to prevent the spread of emerging invasive species across the state of New Jersey. Started in 2008, as Central Jersey ISST, the project has now expanded statewide and consists of nearly 60 public and private partner organizations representing all levels of government from federal to municipal, non-profit conservation groups and consulting foresters.

www.njisst.org



Round-up or Round – Down

by José German, Certified Master Gardener

A few weeks ago I went to Home Depot to get some materials while I was checking labels of organic herbicides, next to me was a mature man filling his shopping cart with five gallons of Roundup. It caught my attention that he was taking not one or two gallons of that product – but *five*. Very respectfully, I asked him if he was aware of the risks of using such a product and I explained to him how poisons and chemicals are polluting the environment and affecting human health.

He asked me, “How do you know that?” I told that I was a landscaper and gardener and I have read many studies and articles about the dangers of using Roundup. I even told him to check in the Internet and find out about these studies. The man said to me: “I am a physician; don’t believe everything that people say and less the Internet. I was stunned because a physician should know the risks when humans are exposed to poisonous chemicals. I showed him two organic products to kill weeds and I told to him that five gallons was too much poison. I asked him that if has a big property and his answer was “I want to kill *all* the weeds!” I told him that when using concentrated Roundup the ratio is 2 quarts per acre to get rid of fescue and 1 quart to re-spray applying 2% solution (little less than 3 oz per gallon of water) when you spray. He did not believe me. So I wished him luck.

I was left to wonder why people behave that way. New studies from both sides of the Atlantic reveal that Roundup – the most widely used weed killer in the world – poses serious human health threats.



Three recent studies show that Roundup, which is used by both farmers and home gardeners, is not the safe product we have been led to believe.

According to the website of Biosafety Information Centre: “A group of scientists led by biochemist Professor Gilles-Eric Seralini from the University of Caen in France found that human placental cells are very sensitive to Roundup at concentrations even lower than those currently used in agricultural application. Professor Gilles-Eric Seralini and his team decided to research the effects of the Roundup herbicide on human placenta cells. Their study confirmed the toxicity of glyphosate: after only eighteen hours of exposure at low concentrations, large proportions of human placenta began to die.”

Professor Gilles-Eric Seralini suggests that this might explain the high levels of premature births and miscarriages observed among female farmers using glyphosate/ Roundup.

Censored News.com has published on their website an epidemiological study of Ontario farming populations showed that exposure to glyphosate, the key ingredient in Roundup, nearly doubled the risk of late miscarriages.

Another study, released in April 2005 by the University of Pittsburgh, suggests that Roundup is a danger to other life-forms and non-target organisms. Biologist Rick Relyea found that Roundup is extremely lethal to amphibians. In what is considered one of the most extensive studies on the effects of pesticides on non-target organisms in a natural setting,

Relyea found that Roundup caused a 70% decline in amphibian biodiversity and an 86% decline in the total mass of tadpoles. Leopard frog tadpoles and gray tree frog tadpoles were nearly eliminated.

In 2002, a scientific team led by Robert Belle of the National Center for Scientific Research (CNRS) biological station in Roscoff, France showed that Roundup activates one of the key stages of cellular division that can potentially lead to cancer.”

You can control weeds in your garden without the use of chemicals. In the fall, use the corn-gluten pre-emergent herbicide for your lawn and again in the spring (before the Forsythias bloom). Mulch all your flowerbeds and you will see a dramatic reduction in weeds. For difficult areas, you can use the non-selective herbicide “horticultural vinegar”. 🌱



Bush beans and carrots growing in José’s garden. The third crop planted in the same place this year... all grown pesticide-free, of course!

Book review: *The Resilient Gardener: Food Production and Self-Reliance in Uncertain Times*

reviewed by Judy Hinds

In *The Resilient Gardener*, author Carol Deppe challenges us gardeners to reexamine our assumptions about producing food and to broaden our skills in growing, using and storing the fruits of our labor. She calls upon us to plan our gardens not just for the good times but for the hard times – whether those hard times be personal, financial, political or even planetary. Thus the subtitle of the book: *Food Production and Self-Reliance in Uncertain Times*.

Deppe brings to this book thirty years of gardening experience on more than ten different pieces of land. She currently gardens with another farmer on two acres of land in the Willamette Valley of Oregon. She has gardened through major life crises, and in spite of back woes and chronic illness (celiac disease).

She digs into resilience science, climatology, climate change, ecology, anthropology, paleontology, sustainable agriculture, nutrition, health and medicine. This may all sound pretty academic, and she does have a PhD from Harvard in biology. However, it's her application of wide-ranging ideas to her gardening philosophy and practice that makes her book especially valuable and a challenge to all of us. Her abiding belief is in the importance of deepening our connection "to the land of our living."

Deppe calls her big picture "The Grand Alliance" – a contract she has literally written out between the plants and the gardener. She follows this with her "33 Golden Rules of Gardening." These begin with recognizing that all gardening is local and emphasizing the importance of *variety* as a key element in working towards ever greater resilience. I take to heart rule #18: "Resist the Temptation to Do Unnecessary Things." As she points out, one unnecessary task will likely lead to another and another, and soon it all adds up to a lot of extra work. That sounds all too familiar to me! I also like rule #24 about keeping records. She simplifies it down to six things: planting time, plant variety, seed source, year of seed, where planted and when harvested. Some of her "rules" may appear elementary, but upon reflection, she is highlighting the core principles that we must pay attention to in order to be more resilient.

Resource consciousness permeates this book. Deppe urges us to minimize our input of water and labor, to guard against waste through optimum harvesting, cooking and storage practices, and to retrench and cut losses when necessary without sacrificing quality.

She encourages us gardeners to expand our repertoire of delicious staple foods. Her personal

requirement to live wheat-free has dictated her own choice of five staples: potatoes, eggs (from ducks), squash, beans and corn.

The how-to chapters of this book go into every nuance of producing her five staples, from planting all the way through to saving seed. Most of us in our suburban locations don't have enough space to grow her range and quantity of food – but we can certainly benefit from the continual experimentation she recommends. And by experimenting, she means trying things out *with controls* – keeping track of what works and what doesn't.

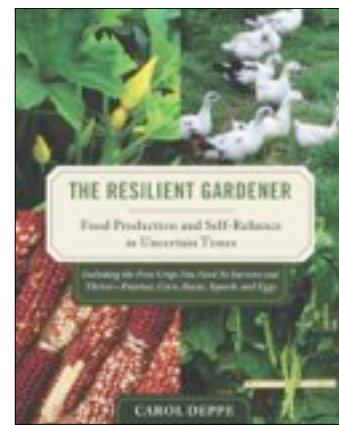
For Carol Deppe, taste and variety are paramount. Her book is for people who love wonderful food – people for whom good eating is one of the great pleasures of life. After reading her chapter on potatoes, you will know forever that there is no such thing as an all-purpose potato. Even if you don't grow them, you will know what to look for and how to cook the different kinds for optimum taste. Don't miss her section on "Cooking Beans for Maximum Flavor and Minimum Toot."

One of my favorite sections is Deppe's reconstruction of Bird Woman's methods for drying squash as alluded to in a long-ago book *Buffalo Bird Woman's Garden*. Bird Woman, a Hidatsa, and women from other Plains tribes like the Mandan, dried their squash and used it for nourishing stews and soups. It was a true survival food.

As a result of her investigation, Carol Deppe has developed procedures for dehydrating specified varieties of both summer and winter squash. From these she makes four products: large rounds, chips, slivers and powders – all of which have a storage life even longer than dried beans, and which can be used in an unending variety of dishes throughout the winter or in lean times.

This book invites us to think hard about what we are doing in our gardening and why. It challenges us to increase our knowledge and skills and to share our learning with others. In these ways we become part of a growing, healthy and resilient community that can thrive in good times and survive the rest. 🌱

The Resilient Gardener: Food Production and Self-Reliance in Uncertain Times, by Carol Deppe.
Chelsea Green Publishing, White River Junction, VT, 2010.



Pope Encourages Small Farms and Denounces Food Profit

by Nancy Taiani

Pope Benedict XVI criticized attitudes that put market conditions and trade before “the primary right of every person to be nourished, hence free of hunger” in his welcoming address to the 37th Conference of the United Nations Food and Agriculture Organization (FAO) in Rome on July 1st.

He asked, “How can we gloss over the fact that food itself has become an object of speculation or indeed is linked to the development of a financial market which, with no set rules and practically no moral principles seems attached to the single goal of profit?”

Stating that, according to the FAO and other experts, global food production is able to feed the world population, Pope Benedict called on the FAO to work with the international community as a whole on projects that “rediscover the value of the rural family business and to support its central role in order to achieve stable food security.” He sees rural families as working models which confirm the role of women, express solidarity, and promote a proper value system in the next generation. He stated that in “the rural



world the traditional family nucleus endeavors to promote agricultural production through the wise transmission by parents to their children not only of systems of cultivation or of the preservation and distribution of food, but also of lifestyles, principles of education, culture, ... and the sacredness of the person in all the stages of his or her existence.”

The Pope appeared to oppose genetically modified food. He said that to guarantee food security to the present and future generations “also means protecting natural resources from frenzied exploitation, since the consumer race and consequent waste appear to pay no attention at all to the genetic patrimony and biological differences that are so important for agricultural activities.” And, he said, that “the idea of an exclusive appropriation of these resources is opposed to” God’s call in Genesis for men and women to till the earth and preserve it, “thereby participating in the goods of Creation.” (cf. Gn 2:8-17)

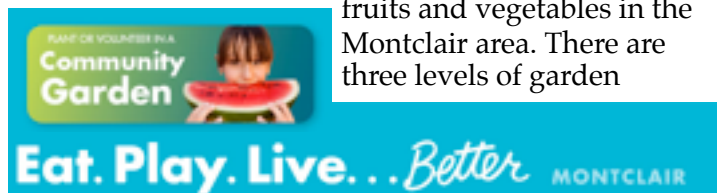
Pope Benedict’s entire speech may be found at www.vatican.va/holy_father/benedict_xvi/speeches/2011/july/documents/hf_ben-xvi_spe_20110701_fao_en.html. 🐦

Eat.Play.Live...Better Montclair

by Una McGurk

CNNJ recently became aware of an initiative supported by Partners For Health Foundation called *Eat.Play.Live...Better Montclair*. The overall goal of the initiative is to help make Montclair a healthier community. Two of the main messages you’ll find when you check out their website, are to plant or volunteer in a Community Garden and to start or join a walking club. Both activities that Cornucopia also endorses whole-heartedly: especially the gardening! Three members of our board (Una McGurk, Nancy Taiani, and Florence Rollino) immediately attended the next Community Partnership meeting (June 2011) and jumped on board the *Eat.Play.Live...Better Montclair* initiative.

If you are interested in planting a Community Garden – or know someone who is – then you’ll be interested to know that The Partners For Health Community Garden Fund has been created to develop community gardens that help increase access to fresh fruits and vegetables in the Montclair area. There are three levels of garden



funding available; up to \$500, \$3000 and \$5000. The Community Garden Grant Application is available online via *Eat.Play.Live...Better Montclair*’s website.

And, if you are interested in personally getting involved with neighbors and community groups across Montclair to improve access to healthier lifestyle options, we invite you to join us at the next Partnership meeting: **Date:** Wednesday, September 14; **Time:** 7 - 9 p.m.; **Location:** Pine Street Firehouse, 1 Pine Street, 2nd Floor, Montclair.

Don't forget to check out the website for up-to-date local event listings: www.eatplaylivebetter.org. Attend the next event to become a partner and start posting your own events that will help residents of all ages Eat. Play. Live...Better. 🐦

Now Featuring Recipes!

Alma Schneider, who spearheads the movement for healthy food in Montclair's schools and writes a food column for *Montclair Patch*, suggested with all these veggie gardens, CNNJ have a recipe column. This time, it’s on our website www.cornucopianetwork.org. Send us your favorites! See more recipes on Alma’s website, www.takebackthekitchen.com. 🐦

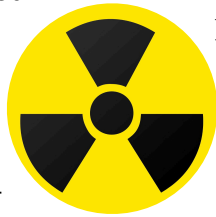
Wrong Technology

by Pat Kenschaft

I recently read an amazing account of nuclear power, "Wrong Technology: Why the global reactor fleet must go" – available to you at www.nerdylorin.net/jerry/politics/Nuke/teach.html. It talks about our bodies' composition, the chemistry, physics, and history of nuclear power, and what we might be doing differently.

His concluding sentiments are why you might consider reading this provocative, very informative essay. "We are – you, me, all of us – members of the most technologically advanced civilization in history. "We must either understand the technology or lose the civilization." . . .

Ed. Note: this is a tiny excerpt! Read Pat's entire thought-provoking article online at cornucopianetwork.org



Is a Nuclear Disaster Possible in the Tri-state Area?

by Jane Califf, Green Party of Essex and Passaic Counties

Could a nuclear disaster happen in New Jersey? After all, we have four nuclear power plants producing electricity: **Oyster Creek** off Barnegat Bay in Ocean County – the oldest nuclear plant in the U.S. It is the same model as the Fukushima plant in Japan. **Salem 1, Salem 2** and **Hope Creek** along the Delaware River in Salem County – one of them the same model that continues to burn in Japan. Then there are the two **Indian Point** nuclear plants 25 miles north of New York City. . . .

Ed. Note: this is a tiny excerpt! Read Jane's entire disturbing, well-researched article online at cornucopianetwork.org

A Powerful March on Blair Mountain

by Ted Glick

Appalachia Rising's second major event, the March on Blair Mountain, was an event unlike any other that I have ever taken part in. It was a tremendous success despite tremendous obstacles. And because it overcame those obstacles, the movement to abolish mountaintop removal, as well as the youth-led climate movement and probably the labor movement in West Virginia, is much, much stronger.

The March had four demands: preserve Blair Mountain, abolish mountaintop removal, strengthen labor rights, and invest in sustainable job creation for all Appalachian communities. Blair Mountain is where 10,000 coal miners fought in 1921 against the coal operators and their supporters who were severely repressing them as the miners attempted to organize. . . .

Ed. Note: this is a tiny excerpt! Read Ted's entire moving account online at cornucopianetwork.org



Nijmegen Declared GM-Free through Citizen Action

ISIS Report 11/07/11

A model local initiative for banning GMOs. Dr. Mae-Wan Ho

The Community Council of Nijmegen declared the city GM-free on 29 June 2011 [1]. This is only the third GM-free region after Culemborg and the province of Friesland in the Netherlands, a country in close competition with the UK for the most pro-GM national government in Europe. . . .

Ed. Note: this is a tiny excerpt! Read this exciting story online at cornucopianetwork.org

We'd like to hear from you!

CornucopiaNJ@gmail.com to let us know:

- what you care about
- articles you'd like to see or contribute
- if you would prefer to get the newsletter via email.

Ed. Notes:

- The Newsletter is available online! www.cornucopianetwork.org
- Pat Kenschaft's blog: patsorganicgarden.blogspot.com

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Sept. Open Gardens *continued from page 1*

Lisa Rosen says "Stop by!" 3 Chester Rd., Montclair, and see her two raised beds, 4' x 10' and 6' x 10'. She has been gardening for about seven years, and this is the second year she has been doing 'Square-Foot gardening' in the larger bed. She expects to have kale, chard, lettuces, spinach, carrots and tomatoes in mid-September.

Nick DiMinni at 11 Bruce Rd., Montclair, features a traditional European style vegetable and herb garden, and a pergola which supports grape vines and several fruit trees. The other half of the garden is a "Zen" garden with fountains and various perennials. The yard is registered as a wildlife habitat and composting is practiced.

Jose German at 69 Grove St., Montclair, has chickens and bees this year. Veggies grow in raised beds, table beds 4 feet over his sunny driveway, and water beds: a hydroponic setup of large pipes where water and nutrients circulate around plant roots. He has abundant eggplants, tomatoes, garlic, onions, collard greens, and grapes this year. He is president of Green Harmony Now, which provides landscaping services and advice: greenharmonynow@aol.com, 973-233-1106.

Paul Walters, 377 DeWitt Ave., Belleville, has been involved in organic gardening and farming all of his life. Paul has been developing his homestead for several years and is showing his intensely planted front-yard organic permaculture garden. He uses an eclectic approach to produce *continued on page 8*



Visitor *Mary Riesett* took this photo of *Pat's* garden at the July Open Gardens Tour — come see how it has changed!

"It's In Our Power" to Reduce Our Carbon Footprint

by *Gray Russell, Environmental Coordinator, Township of Montclair*

On July 12th the Montclair Township Council voted unanimously to adopt an ambitious Carbon Footprint Reduction Plan for our community, including a goal of lowering GHG emissions by 2% annually over the next two years, as proposed by the Montclair Climate Committee and the Global Warming Response Act of New Jersey.

This means that the local government will support the implementation of a public campaign to help all residents, businesses, and institutions of our town – both public and private – to reduce their energy use and save money on their utility bills, often with the encouragement of various financial incentives that are now available.

The campaign, dubbed "It's In Our Power," is funded by a grant from the U.S. Environmental Protection Agency (EPA) designating Montclair as a Climate Showcase Community. . . .

Ed. Note: *this is a tiny excerpt! Read Gray's entire article online at cornucopianetwork.org/newsletter*



Cornucopia Network of New Jersey survives entirely on volunteered time and your donation. Please send your dues (\$15 individual or \$25 family) with your contact information. We welcome volunteer time and donations as well. Thank you!

Name: _____

Address: _____

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Can we send our Newsletter only by email? Yes No

Sept. Open Gardens *continued from page 7*

healthy yields, including permaculture design principles, bio-intensive planting techniques, water catchment strategies, vertical growing, companion planting, organic soil amendments, biodynamic practices, and heirloom plant cultivars. Diversity is key to his approach and he credits it for the success of attracting native pollinators as well as for encouraging healthy plant growth.

Judy Hinds at 156 Rhoda Ave., Nutley, says "Come enjoy a taste of the summer harvest & see what veggies will carry through into late fall despite loss of light and heat. Leaf-mold samples will be available. Water barrel show-&-tell." 973-661-0067.

Florence Rollino at 45 Wells Ct., Bloomfield, started her own landscaped-designed

garden about 10 years ago and for the past two years has included a 16' x 24' working 'farm' within the landscape design. She grows many, many tomatoes for 'home-drying' as well as for sauce, along with many other veggies. From Montclair, take Bellevue Ave. east to the last left before ShopRite (Bellevue Terr.), then the first left onto Wells Ct. - #45 is the house at the end with solar panels.



Judy Hinds' garden reflects what she learned from "The Resilient Gardener" – see her book review on page 4, and visit her garden!

Necole Fabris, 8 Prospect Pl., West Orange, composts, uses leaves and grass clippings as ground cover, and uses natural pest control in her garden that provides much of her family's produce in the summer. She has had a rain barrel for several years. "From Montclair, take Harrison Ave. to the West Orange end (Main St.). Left on Main and follow to the next light. After the light, bear right to stay on Main. Make an immediate right on Prospect Pl.. We are the second house on the left. We have a dog who is all bark, but that bark is loud." 🐶



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