

# THE BEAT



The official publication of the Belleville Education Association

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### Teachers of the Year

Recognized state and district wide, these teachers earn the honor by their outstanding efforts this year!

### President's Corner

President Mike offers thoughts and words of encouragement for continued success in unity.

### Teachers apply for Grants!

Michael Dias gets an in-depth on two of our district's teachers and their quest for achieving grant money. Read the Q & A here!

### Good News!

Read exciting news from our BEA members!

### 10 Steps to DeStress

BEA Vice President leader, teacher, and yoga instructor Alaina Chip gives some helpful hints on how to stay "cool" and destress as we come into the end of the year!

### Recipe Corner

Quick and easy recipe submitted by our members for all to enjoy!



## Knowledge of Pageantry helps to make Mr. & Miss Belleville Scholarship Night a Success

by Erin Chamberlain

When people hear the word pageant the image that often comes to mind is girls with big hair and excessive makeup parading around in swimsuits and overly sequined ball gowns. I am sure when people first heard of a Mr. and Miss Belleville Pageant similar thoughts crossed their mind, however this pageants tag line says it all "Achievement with a purpose". The constants of the Mr. and Miss Belleville pageant are a blend of students that represent the diversity that is our student body.





### PRESIDENT'S CORNER

We teachers have a professional and moral obligation to provide and uphold the highest standard of education for our students. In today's climate, this is not so easily attained. Although there are many obstacles on a state and local level that hinder us, it is our civic duty and within our moral fiber to overcome and persevere. Fret not, for we are not alone. We are part of a education family in every building, in every district, in every county throughout the state, in every state in the nation. All of us are experiencing the same struggles and all of us must work even harder to tow the line for public education. This is our reality.

Now, raise your chin and stand up tall because you play an integral part in childrens lives. You are who they are going to remember when they grow to be adults. You influence how pleasant their day is going to be. You give them hope. You give them comfort. You ease thier pain and help them cope with the struggles they face in their lives. You show them love. You help develop the person and citizen they will become. You change lives, you build communities, you shape the future of our country . Don't let anyone convince you otherwise. You provide the single most important service to your community. If I could offer you one piece of advise it would be to continue to give your all to the job you were born to do.

May God bless you all,

Mike Mignone

The pageant was started in 2014 by Mr. Gary Politano, who has worked for over 30 years as beauty and image consultant including several years judging local pageants and working as part of the Miss Universe organization. His vision was to have a way to give out scholarships to students who were well rounded not just the tops students or top athletes in the building. During that first year many people thought this was just a silly school event however the night of blew away any doubts those nay say had. Contestants were asked to pick a platform in which they would advocate and help raise awareness for, they had to sit through a 7 minute interview which counted for half their score, as well as have speaking pieces for both their active wear and formal wear.

This pageant has grown to be more than what was first envisioned around a piano in the Belleville Public library. In 2017 the pageant received great news, they would now be sponsored by the Municipal Alliance as well as the Governor's Alliance against drugs and alcohol. The winners would now become spokespeople for the just say no to drugs campaign throughout the district. As a result of this new sponsorship this year's constants had to create a 20-30 second public service announcement in lieu of a final question. As the pageant continues to grow we hope to continue to see a better representation of the student body. In the last few years we have seen the pageant to include and welcome students who were classified, varied in sexual orientation, and for the first time in 2017 we welcomed our first transgender contestant.

This years top ten shows the true diversity of our school. Our Mr. Belleville 2017 is Elvin Perez who stole the show by taken the activewear assignment to a new level and creating an original rap for his tag line. Miss Belleville 2017 is Domenica Guman who aspires to be an American Ambassador and attend Georgetown University.

## *Congratulations to our Governor's Teachers of the Year*

School #3	Sheri Jamison, Teacher	Maria Pastor, Educational Services Professional
School #4	Theresa DeMelo, Teacher	Roseanne Lambrugo, Educational Services Professional
School #5	Genevieve Trocolor, Teacher	Janice Giangrande, Educational Services Professional
School #7	Cara Robertello, Teacher	Anna Morella, Educational Services Professional
School #8	Krystyna Basara, Teacher	Arvie Flores, Educational Services Professional
School #9	Flora Giaimo, Teacher	Ann Monahan, Educational Services Professional
School #10	Tina Mastrangelo, Teacher	Stephanie Bermudez, Educational Services Professional
Middle School	Robert Silvera, Teacher (former)	Susan Tartaglia, Educational Services Professional
High School	Christine Driskill, Teacher	Gina Hyams, Educational Services Professional

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### *Grant Session Q&A*

*Two of our colleagues are in the vetting process for potential grants. Michael Dias asked them some questions on the process.*

Ms. Debra McDonagh, Special Ed. Teacher/ Grades 3-4-5 - School Three

**Explain the grant...what are the stipulations?**

NJEA Fredrick L. HIPP Grant- School #3 Garden (Our motto is ...School Three is the place to... bee!) So, why not plant a garden, right? All areas of our curriculum would be included: Math, Science, L.A., SS, etc. each grade/ class would showcase what they have done to assist the garden and our community.

**Who was involved beside yourself, if anyone else?**

Several teachers, The Green Committee, and Mr. Rhodes, our Principal, meet monthly to discuss what needs to be done for our raised flower beds on the side of our school. NJEA will give up to \$10,000 per year for this garden. I have asked for a Greenhouse as well to cover the flowerbeds in all weather and protect what we plant from animals, neighborhood pets, etc. Tools, dirt, seeds, etc. were also written into the items we would purchase if we were rewarded the monies. Staff would continue to meet to discuss progress of the garden and how to improve our flowerbeds and spaces.

## GOOD NEWS *from our* BEA members!

### MARRIAGES/ UNIONS:

Emily Mastrobuono married Feb. 19th 2017

### ARRIVALS TO BE:

Paula Metz due June 23rd, School 4.

Lauren Morin due May 23rd, School 4.

### ARRIVALS:

Noelle Acasio (Ruggerio) gave birth on November 13th 2016 to a baby girl named Sofia.

Maria Calhoun gave birth on December 16, 2016 at 1:25pm to a baby boy named Chase Hunter Calhoun.

Gina Conte-Pignataro gave birth to a baby boy, Joe Louis Pignataro on January 27, 2017, 10 lbs., 7 oz, and 21 inches long.

ToniAnn Ferraiolo gave birth on April 15th, 2017 at 1:08am to a baby girl named Charlotte Jae Falduto.

Diana Kucko gave birth on November 17th, 2016, 12:58pm, to a baby boy named Cameron Vincent Kucko.

Nina Witel, School 4 gave birth to Eva Mitel at 1:24am May 26, 7 lbs 12 oz, 19 1/2 inches.

### RETIREMENTS:

Patricia Villanova-Cimmet 21 years of service (School 4 - Paraprofessional)

Lorraine Castro, School #8 - June 2017, after 32 years of service in Belleville (35 years teaching total)

Gregory McTigue - June 2017, after 33 years of service (Belleville Middle School Physical Education)

### The School 8 Family Welcomes:

- Jennifer Abrams, 2nd grade
- Erin Lewis, 5th Grade
- Principal Bob Silvera

*If you have any news such as birth announcements, engagements, weddings, memorials, birthdays, new home purchases, or anything you would like to share, please email [dias72@aol.com](mailto:dias72@aol.com) to be included in an upcoming issue!*

### Who benefits from it certain students, age group, whole building etc?

All the students, from Pre-K to 5th would assist in planting, watering, weeding, and the overall care of the garden. We would make a plan as to the jobs of each grade and classes would rotate their visits outside once the weather is appropriate for planting and caring for our plants. When anything is eaten (such as cucumbers, tomatoes, etc., all students would taste these foods if they so desire). Plants that grow would be displayed around the school. There is nothing like getting your hands in soil and feel like you are contributing to a school-wide activity and goal!

### How much is it for?

The Proposed Grant for the tools, materials, and greenhouse comes to a little under \$10,000 (approximately \$9,569.08)

### When will you find out if you will be rewarded the grant?

I was told between May and June, the project can not start before June 1 and runs until August, 2018.

### Any additional information you can share?

The Hipp Grant Application is spotlighted in every NJEA monthly magazine we get mailed to our homes. It is also on the NJEA website. It is straightforward and you may outline your vision as to how to improve his/ her school with these monies.

## Mr. Ryan Sheridan, Careers and Technical Education - High School

### Explain the grant...?

The project plan is to develop a student based educational website. On the website, some of the innovative features will include but not be limited to National Honor Society local students fielding inquiries from needy students regarding homework help, creating and uploading educational videos produced and filmed by local students in the television production studio, uploading educational documents created by students, uploading educational games coded and created by local students, uploading highlights of class trips filmed and edited by local students, and other cutting edge ideas. Similar to the Khan Academy website, but much more local, this project is entirely made by local students for local students. In this way, the needs of the local community will be specifically addressed and a strong sense of student pride and ownership will be created.

A world class website with educational video tutorials in all content areas, educational resources created by students, educational games coded by students, and a peer to peer virtual homework helper program will be created. The Mass Communications students will film and edit all the video tutorials. The website will include a positive reinforcement section that highlights student achievements. It will also feature highlights of class trips filmed and edited by students. The website will also tutor students in career and college readiness skills via student produced tutorials.

**What are the stipulations....?**

Extensive collaboration will occur in the school and community. Within the school system, teachers and students will work collaboratively to produce world class quality educational documents and video tutorials.

Within the community, parents will be invited to give their input and feedback on the effectiveness of the website. In fact, there will be a feedback section from the community on the website that will be monitored by the educators and students involved in the project.

Furthermore, students will visit educational sites and create educational videos highlighting the reflective lessons learned from school trips.

In addition, students will interview local members such as policemen, firemen, attorneys, accountants, reporters, doctors, nurses, and others. These interviews will be filmed and uploaded to the website to increase the career readiness skills of the students.

Students will create a unique logo that will be inserted on apparel, stationery, and other school supplies. These products will be sold at the school store and the local community to generate funds to help sustain the website.

With regards to monitoring, the students and educators involved on the project will survey the students, parents and community via an online poll. Also the website will have virtual analytics to monitor the frequency of the visitors to the website. The students and educators involved in this project will use this data to continuously improve the project.

If awarded, The project leader Mr. Fabiano and his co-advisor Mr. Sheridan will visit other schools to demonstrate how to implement a similar program, present workshops at the NJEA convention, author scholarly articles on the project that will be submitted to the NJEA magazine and newspapers, and the project team will film a documentary highlighting how the project can be replicated and air the documentary on television and on YouTube. Also, television production crews that the project team already has relationships with will be invited to highlight the project and air it so other schools can replicate the project.

No project of this kind has ever been implemented in the district. There is a dire need for students to have organic online homegrown peer produced learning resources and peer tutoring online. To date, the project has already begun. The implementation team has been formed and the website beta version is being discussed and programmed to limited capacity. However, due to the lack of necessary resources, the full project cannot be launched without the NJEA Frederick L. Hipp Foundation for Excellence in Education grant funds being awarded.

**Who was involved besides yourself, if anyone else?**

Mr. Gerard Fabiano, Belleville High School Educator, the Project Leader. I am the co-advisor for this grant. A team of students as seen in the picture.

**Who benefits from it certain students, age group, whole building etc.?**

The project will specifically assist over 4,584 students in the district. The grade level targeted is Grades 1-12. The ages targeted are from 6 to 18. The school district has a very diverse ethnic and cultural background.

**How much is it for?**

\$9,763 Dollars

**When will you find out if you will be rewarded the grant**

In May, 2017

**Any pertinent information that you care to share. website a jpeg etc**

Please regard the picture of the students and teachers involved.



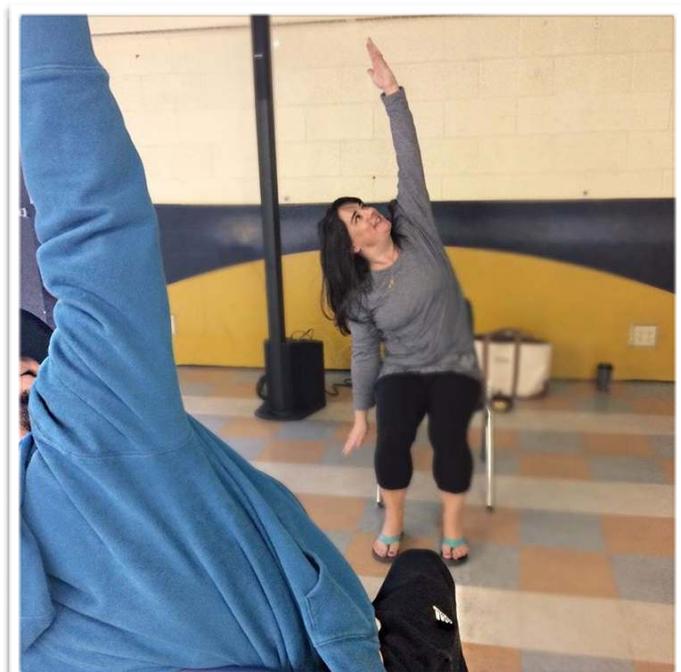
## Yoga and The Stressed Teacher: Tips on how to DeStress During the WorkDay

### Alaina's Top Ten Tips:

1. Gentle stretching: For example, reach your arms over your head and inhale; exhale as you float your arms back to your sides.
2. Take a walk during your lunch break. If that's impossible, look out the window and daydream.
3. Read something that isn't work related each day. Take 5 minutes and read an article, a poem and/or a chapter from a book. There are many quick daily meditation type books out there that offer a quick read.
4. Keep a yoga mat rolled up under your desk so you can sit on the floor and ground down. Let your legs stretch in front of you and breathe
5. Take a deep breath. In fact take 50. Start at 50 and count down in your head. Count the inhale and the exhale. Inhale 50, exhale 49, inhale 48, exhale 47... When you get down to 20 only count the exhales. Inhale, exhale 20. Inhale, exhale 19...
6. Keep a quote that speaks to you taped to a folder, desk, or a space where you look. You can also use an object such as a river rock, a sea shell, or a picture of a space that calms your mind. Allow yourself to look and concentrate on that object for a few minutes with mindfulness.
7. When we get a break, often we go to our phones, but that is just sending more information into our minds. Take 5 minutes and just sit in silence. There have been days where I have found that much needed silence in my parked car.
8. Try meditating. There are many apps for beginners that are pretty good for starting a meditation or mindfulness practice. You can put your ear buds in and listen to a guided meditation during your lunch break.
9. Play music.
10. Ask yourself, "Will this matter in 5 years?"

My favorite way is laughing with my colleagues. What you think, you create. Focus on all the positive - You have everything you need.

**You are enough.**



## LESSON SPOTLIGHTS - Stress Free Activity Zone

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LESSON PLAN #1 - FOR THE MIDDLE AND UPPER GRADES

# STRIKING OUT STRESS: A 'GALLERY WALK' ACTIVITY

## Subjects

Health Mental Health Our Bodies

**Grades 6-8 9-12**

## Brief Description

This lesson teaches about stress and how to cope with its effects.

## Objectives

Students will be able to:

- identify situations that cause feelings of stress.
- determine and discuss positive/healthy ways to cope with stressful situations.

## Materials Needed

6 sheets of poster board (or chart paper)  
6 crayons or magic markers  
adhesive tape  
CD or audio tape player and a selection of lively music

## Lesson Plan

Discuss with students the definition of stress. Write students thoughts on a chalkboard or chart as they express them. After a brief period of sharing, review with students the ideas they have offered.

Emphasize that stress can cause powerful feelings, as well as biological changes in the body. Allow students to brainstorm some feelings and biological changes that stress can cause. Write their responses on a board or chart.

Students responses have no doubt included ideas related to the "fight or flight" theory of stress response. If not, introduce this theory. You will find useful resources on the Internet, including The Fight or Flight Response.

Next, arrange students into six groups. Position each group in an area of the classroom and tape a sheet of poster board to the wall by each group. Each poster should feature one of the headings below:

Situations that Make Me Angry    Situations that Make Me Frustrated    Situations that Make Me Worry    Situations that Make Me Happy  
Situations that Take a Lot of Time    Situations that Take Money

Tell each group they have 1-2 minutes to write down their responses to the situation on the poster in front of them. You might play music (something lively) while the students are engaged in the activity.

When the designated time is up, have students move to the poster to their right. Allow two more minutes to respond to the situation at the top of the poster that is now in front of them.

Continue rotating until each group has had a chance to write their responses to the situations on all six posters. Then have a spokesperson from each group read the responses on the poster in front of them. Discuss similarities, insights, or perceptions related to the ideas listed. Talk about which responses are positive stressors and which are negative stressors.

Have students return to their seats. As a class, brainstorm appropriate and healthy strategies to cope with the stressful situations they wrote about. Students should take notes on those strategies. (You might provide a handout with the six headings and room for notes beneath each).

## **Assessment**

After the activity and discussion, quiz students about appropriate strategies for dealing with stress. You might pose specific situations and have students suggest appropriate responses. Alternatively, students might role-play appropriate responses to stressful situations.

## LESSON PLAN #2 - FOR THE YOUNGER AND MIDDLE GRADES

# **A LAUGH AND A HALF: STUDENTS MAKE FUNNY-POEM MOBILES**

## **Subjects**

### **Arts & Humanities**

Language Arts, Literature, Visual Arts

### **Educational Technology**

## **Grades K-2 3-5 6-8**

## **Brief Description**

Students find their favorite funny poems -- and write their own -- to hang from smile-mobiles. Student work sheet provided.

## **Objectives**

- Students read a variety of funny poems.
- share those poems within their groups.
- choose their favorite poems.
- use those poems as inspiration as they write funny poems of their own.
- create smile-mobiles on which they display their favorite funny poems.
- present their favorite funny poems to their classmates.

## **Materials Needed**

books of poems that include many humorous poems and/or

copies of funny poems printed from the Internet,

funny poem work sheet (provided) materials for creating mobiles - *Source: go to lesson plans on Education World for more information*

(See **Make a Mobile** below for a variety of different mobiles students might create.)

## Lesson Plan

This activity, which works well in 30-minute segments over a week or two, can be done in the classroom, the computer lab, or the library. In advance of the lesson, gather a large number of books of poems. You might include humorous poems by such poets as Shel Silverstein, Jack Prelutsky, Karla Kuskin, Grandpa Tucker, Kenn Nesbitt, Dr. Seuss, Ogden Nash, Robert Pottle, and Edward Lear.

Explain to students that they are going to create mobiles from which they will hang six funny poems -- five of their favorites *plus* one original funny poem!

Organize students into small groups. Divide the funny poems you gather from book and Internet sources into stacks; you should have as many stacks as you have groups of students. Provide each group with a stack of poem sources and a pad of sticky notes. Allow students to spend 15 minutes of each session simply reading funny poems. Have each student mark his or her favorite poem with a sticky note with his or her name on it so kids don't lose track of where they found the poems and so other students don't select the same poems. At the end of 15 minutes, ask each student to share one funny poem with the other members of his or her group. During the last five minutes of the period, have each student write on a sheet of paper the title of the funniest poem he or she found that day and the source (book title or URL) of the poem.

Repeat this activity on successive days. Rotate the stacks of books so each group gets a new stack each day. At the end of the week, each student will have collected five funny poems.

Now that you have inspired students with laughter, use one more class period to have students write original funny poems.

The next step is to have students create funny poem mobiles. Education World has provided a work sheet with a large laughing mouth on it. Distribute six copies of the work sheet to each student. Have students write each of their five favorite poems and their one original poem inside the mouth of a work sheet. Then have them glue the mouths to a sheet of thin poster board or oak tag.

Now they are ready to create mobiles of funny poems. Mobiles can be created in many ways; a variety of mobiles are provided below.

### Make a Mobile

Following are directions for making a variety of mobiles from simple materials.

Make a mobile using coat hangers and string.

Make a mobile from drinking straws and paper clips. Make a mobile using twigs and thread.

Make a mobile from cardboard and string.

### Lesson Notes

Every poem on the students' mobiles must include source information, including the author's name and the title of the book or the Web site URL where they found the poem. That information can be written on the back of the mouth.

If a poem is too long to fit inside the mouth work sheet, students can choose a verse or two to include on their mobiles.

The mouth on the work sheet does not include any lines to help guide students' printing or handwriting. If your students would benefit from having a lined version of this work sheet, you can print the work sheet, draw in lines of an appropriate width, and then copy the lined version of the work sheet for students.

Students can also use a word processor to type the poems onto the work sheets. Teachers of younger students might need to set the margins for this activity so students' poems print within the mouth illustration on the work sheet.

Students might use red paint, glitter, lipstick, or other art materials to add color to the lips on their smile-mobiles.

### Extend the Lesson

After students create their mobiles, each student should prepare his or her favorite funny poem to present to the class in a mini poetry slam! If possible, have students memorize their poems and practice in small groups before presenting their poems to the entire class. Students should also be prepared to share the names of the authors and the sources of their poems.

Video or tape record students' presentations, and share them with parents on parent's night.

Hang student mobiles from the classroom ceiling.

If this activity stretches over several days, spend at least one of those days in the computer lab. Provide students with the list of URLs below. Those URLs offer sources of some very funny poems!

### Funny Poems on the Internet

Following are some excellent Internet sources of humorous poems, try to google to get more information:

Giggle Poetry  
 Poetry4Kids by Kenn Nesbitt  
 Giggle, Giggle, Snicker, Laugh --  
     Poems by Robert Pottle Poems by Shel Silverstein  
 The Best of Shel Silverstein  
 Edward Lear: A Book of Nonsense  
 Poem Hunter: Ogden Nash

### Assessment

Students and teachers grade each poem presentation on a scale of 1 to 4:

4 = superb presentation of the poem -- read with lots of expression and humor

3 = very good presentation of the poem -- well practiced and entertaining

2 = solid presentation of the poem -- could have used a little more expression

1 = good presentation of the poem -- expression needs some work

Allow students whose presentations receive a score of 1 or 2 to redo them to raise their scores.



## RECIPE CORNER

### *Make it a Liquid Lunch*

"Soup is a nutritional life-hack," says Nicole Centeno, author of the cookbook *Splendid Spoon* and CEO of the soup-delivery company of the same name. "It's efficient and nourishing and keeps you fueled for hours outside without weighing you down." It's also a foolproof one-pot wonder. Buy a stack of plastic pint containers for single-serving storage in the fridge or freezer, and reheat for lunch as needed. Centeno's favorite hearty soup, kale and lentil, is loaded with fiber and protein and made with ingredients you likely already have at home.

#### *Kale and Lentil Soup (serves four)*

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 large carrots, diced
- 1 rib celery, diced
- 1 large garlic clove, minced
- 1/2 teaspoon ground black pepper
- 1 tablespoon Madras curry powder
- 3/4 teaspoon ground cinnamon
- 1/2 pound dried green lentils, rinsed and drained
- 2 quarts water
- 2 cups thinly sliced laminate kale
- Sea salt to taste

*Instructions:* 1. Warm the oil in a pot over medium heat. Cook the onion, carrots, and celery, stirring frequently, for ten minutes or until tender. Stir in the garlic, pepper, curry, and cinnamon, and cook for one minute.

2. Increase the heat to high, add the lentils and water, and bring to a boil. Add the kale, cover, reduce the heat to low, and simmer for 30 minutes or until the mixture thickens, the lentils are tender, and the kale is wilted.

3. Stir in the salt. Serve hot.



Execs/Chairs/AR List - 2016-2017



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Wendy Colletti  
Sue DiGiovanni

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Leave

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CPC)

Lauren Fazio  
(Webmaster/ Social  
Media)

The BEA Retirement  
Dinner is Thursday  
evening June 15th @7pm.  
Hope to see you there!

**The BEAT is an official  
publication of the Belleville  
Education Association.**

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Recipe: David Muller, School  
#8

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new home purchases, or anything  
you would like to share, please  
email [dias72@aol.com](mailto:dias72@aol.com) to be included  
in an upcoming issue!