What’s On Your Agenda?

Autumn Acquisitions

Shop for a Cure

GREAT NEW GADGETS AND GIZMOS

Work in More Walks
Our Personal Shopper, Cathy DeSerranno, not only knows this season's fashion must-haves – she knows where you can find them at First Canadian Place.

**Get the LOOK**

**ON THE RUNWAYS**

Always polished and professional: Chanel-style bouclé jackets.

Dress with star style: mix and match patterns with light silks and heavy tweeds.

Fashion designers make a strong case for black and white in bold graphic patterns.

**IN OUR STORES**

**COVER:**
- Striped shirt
- Cardigan
- Flannel skirt
- Skinny chain belt
- Tweed hat
- Tweed tote
  All from GAP.

**OPTIONS FOR HER**

**CHANEL**

**MELANIE LYNE**

**VALENTINO**

**STEILMANN**
corporate chic

essential ELEMENTS

Sometimes wearing the hottest colour or adding the perfect accessory is all you need to take an outfit from drab to fab!

CRYSTAL THERAPY
One is not enough: heirloom-inspired brooches made with Austrian crystals. NECESSITIES

UPDATE YOUR SOFTWEAR
Stock up on soft, cable-knit sweaters in fall’s hottest colours. SUZY SHIER

TIME TO REBOOT
Pink adds punch to office outfits. ALDO

BROGUE VOGUE
Look for details borrowed from men’s wingtip oxfords. NINE WEST

HOW TWEED LIFE IS
Well-heeled and ladylike with ribbon trim. ALDO
ASK OUR PERSONAL SHOPPER

Q: My 20th wedding anniversary is coming up and I have no idea what to give my wife. Any suggestions?

A: Congratulations! I suspect you want to give your wife a special keepsake with timeless appeal. A Tahitian pearl necklace from BIRKS would be an excellent choice. Tahitian pearls are among the most exotic, sensuous and precious of all pearls.

To make the gift-giving experience extra special, take your wife to the Royal Ontario Museum to see the exhibition Pearls: A Natural History (September 18, 2004 to January 9, 2005). Catch her off-guard: slip the strand of pearls around her neck while you’re there.

ASK A PERSONAL TRAINER

Q: Watching the Olympics has inspired me to get off the couch and get back into shape. How do I even begin?

A: It’s great that you’ve decided to make a healthy lifestyle change. Joining the ADELAIDE CLUB is a smart start. When your gym is close to where you work and offers flexible hours, that makes it easier to fit several workouts into your week.

Especially if you haven’t been doing any kind of exercise lately, your best bet is to begin with a personal trainer. He or she will help you identify realistic, measurable fitness goals and customize a plan to help you achieve them. Your trainer will also ensure that you’re getting a proper balance of exercise that promotes strength, flexibility and stamina. Once you start getting back into shape, you can work out with a friend. For example, squash is a healthy stress-reliever. Many find group exercise classes extremely motivating.

TYRONE ESTABROOK is the Personal Training Director at the Adelaide Club. If you have a question about getting or staying in shape, call him at 416-367-9957 ext. 115.
mind, body and soul

Tired of feeling run-down? If you work at eating nutritious foods, sleeping better, and exercising more, you’ll soon have a lot more energy.

**AT WORK: GRAB AN APPLE**
Suffering from an afternoon snack attack? Ward off your hunger with an apple. Not only are apples full of antioxidants, they’re good for your teeth – helping to prevent tooth decay. Have an apple a day. Get them fresh at **KITCHEN TABLE**.

**AT REST: SWEET DREAMS**
Feeling grumpy? Having trouble concentrating at work? Not sleeping well can affect your mood and productivity. The next time you’re lying wide awake in bed, instead of counting sheep, read *The Good Sleep Guide* by Michael Van Straten (Whitecap). Look for it at **COLES**.

**TENSION TAMER:** Take a break from working around the clock to walk around the block. First Canadian Place and the adjacent Exchange Tower (to our west) occupy an entire city block. Get outside and walk along King, up York, across Adelaide and down Bay. Once around takes about eight minutes!

**AT PLAY: SOOTHE SORE MUSCLES**
Perfect for exercise-related pain! After a grueling game of squash, try Mint Ice Fitness Cream from **H2O PLUS**. This cool and refreshing cream soothes aching muscles, while softening the skin. Simply massage a generous amount over your body, paying special attention to tense, overworked muscles.
seriously stylish

WORK WEEK WEAR
From head to toe, First Canadian Place has everything a man needs to look polished and professional.

IN THE STORES

Focus your attention on stainless-steel frames. KARIR EYEWEAR

Utility is a fresh, clean scent that’s subtle enough for the office. H2O PLUS

Got a craving for a pumpkin tie? VASSI FINE MENSWEAR

ON THE RUNWAYS

Fridays aren’t so casual anymore. Replace khakis with pinstripes.

Men’s footwear gets the boot this fall. ALDO
Dressing for success goes beyond what you wear. Smart grooming is also essential to creating a positive image. Work it!

**FOR MEN**

**BIG BANG THEORY**
Whether you’re watching television or flipping through the latest issue of *GQ*, it’s obvious that bangs are back in a big way. Not sure if the look is right for you? Ask your stylist when you go for your next haircut.

**ADRIENNE FOLEY SPA**

**SKIN SENSE**
Discover Vichy Homme’s complete line of daily skincare products, enriched with vitamins and minerals.

**PHARMA PLUS DRUGMART**

**LIP SERVICE**
Protect your lips with Clear Advance from Blistex®, a men’s lip balm with an SPF of 30.

**PHARMA PLUS DRUGMART**

**HANDSOME HANDS**
When you’re wearing a designer suit, shouldn’t your hands look just as impressive? Join the many men who are discovering the advantages of professional manicures. Within about a half-hour, a manicurist will remove calluses, repair cuticles and shape fingernails. A coat of clear polish is an option, but most men prefer to keep their manicure simple and natural.

**ADELAIDE SPA**
Whether you’re entertaining at home or meeting friends after work, get things started at First Canadian Place.

**GLASS ACT**
The must-have item to update your home? Anything made with coloured glass.

**TABLE OF CONTENTS**
has coloured glass plates, candleholders and more. An over-sized bowl in regal purple makes a bold statement on any hutch or table. Fill with green apples or mini pumpkins.

**ENTERTAIN EVERYDAY:** Treat at least one meal a week as a special occasion. Plan a special menu, try a new recipe, light the room with candles, play a new CD – and invite someone over.

**NOSE-WORTHY**
As the sommeliers at REDS wine country bistro plan ahead for the fall season, their focus will be on red wines made from the Syrah grape. Currently the hottest trend in red wine, Syrah has a celebrated history in France’s Rhone Valley. Based on this success, Syrah now flourishes in California, Washington State, South Africa, Italy and Australia (where it is known as Shiraz).

Meet your friends after work at REDS to sample these special Syrahs:

- Bishop's Peak Syrah 2001 (Edna Valley, California)
- Alain Graillot St. Joseph 2001 (Rhone Valley, France)
- Mission Hill Syrah 2001 (Okanagan Valley, BC)
- Two Hands Shiraz Angel’s Share 2002 (McLaren Vale, Australia)
to have and to hold

GADGETS & gizmos

Innovative inventions. Electronic marvels. FCP has some of the coolest new toys for grown-ups.

POWER TOOL
Have you heard?
The Apple iPod Mini 4GB MP3 Player is now available at RADIOSSHACK!
Smaller than any cell phone, it’s bringing music to the mobile masses: men and women, young and old, Mac and Windows PC users.

CONVERSATION PIECE
Exclusive to FIDO and available at First Canadian Place, the Motorola V400 is sure to be the talk of the office this fall. Get connected with it: take digital photos, surf the internet wirelessly, send instant messages, and much more!

PERFORMANCE ENHANCER
Be among the first at First Canadian Place to write with a colourful YORO pen. Available at HANDWRITINGS, it’s ideal for anyone – left or right handed – who writes for long periods at a time.
Sad that summer’s over? Go from feeling grey to feeling great by going shopping. Our favourite grey girl, Macy Gray, has a greatest hits CD coming out in September. Look for it at HMV.

**GREY matters**

**NAY TO GREY**
For those who would rather say “Go away!” to grey, L’Oreal’s Excellence Crème provides 100% grey coverage.

**YAY TO GREY**
For those who boldly say “Yay!” to going grey, add a silvery brightness to your hair with Aveda’s Blue Malva Shampoo.

Researchers from L’Oréal recently made an unexpected discovery: the greying process in the hair is due to a gradual, not sudden, disappearance of the melanocytes in hair follicles.

**LIQUID GREY**
Fall is a time for change. The next time you go to the LCBO, instead of reaching for your usual vodka, grab a bottle of Grey Goose Vodka by the neck. Take it home, chill it in your freezer. Enjoy ice cold and on its own.

**LAUNDRY LESSON:** The key to keeping your whites from going grey is frequent laundering in the hottest water the fabric can withstand. Resist the urge to reach for bleach – it removes optical brighteners from fabrics.
Think global. Shop local. By supporting the efforts of stores trying to make a difference, you can help make the world a better place.

**THINK PINK**

October is Breast Cancer Awareness Month. You can do your part just by going shopping.

**TABI’S** Think Pink event is on from September 22 to October 12. Visit Tabi and help support Breast Cancer Research.

From September 15 to October 31, **LAURA PETITES** will be offering their Laura 2-in-1 Signature tote bag with a coordinating carryall for only $5. A full 100% of proceeds (excluding applicable taxes/Laura Privilege Card discount, not applicable) will be donated to the Canadian Cancer Society for breast cancer research and support programs.

**DID YOU KNOW?** Laura Canada, including Laura Petites stores, have been raising money for the Canadian Cancer Society since 1998. This fall they are committed to reaching the $1 million mark in total donations.

**HUMANE BEANS: FAIR TRADE COFFEE**

Kudos to **TIMOTHY’S WORLD COFFEE** for Fair Trade coffees! Fair Trade is an international initiative to ensure small farmers are paid decent prices for their coffee. Fair Trade coffee beans benefit farming families in many ways, such as building schools, better housing, providing health services, and training in literacy.

Do your part by drinking these certified organic Fair Trade coffees:
- Mexican Swiss Water Decaf
- Nicaraguan Wiwili
- Nicaraguan Soppexca

For more information on Fair Trade initiatives, visit www.transfair.ca.
What’s On Your Agenda?

When life is this busy, who has time to work? Make the most of your day at First Canadian Place.

BRING IN YOUR DRY-CLEANING
Before you put away last season’s clothes, make sure everything is cleaned and pressed. Even food stains you can’t see can attract moths over the winter. THE PREENERS CUSTOM FABRICARE

LOOK AFTER YOURSELF
In Canada, one in four women over 50 and one in eight men over 50 have osteoporosis. To reduce your risk, be proactive! If you’re not getting enough calcium in your diet, increase your intake with supplements. NATURALLY YOURS

GET YOUR FLU SHOT: Every winter, one in every four working Canadians is infected with the Influenza (FLU) virus. For most people, the best defense is an annual flu shot. This fall, PHARMA PLUS DRUGMART is making it easy to fit a free flu shot into your busy schedule. For information about Pharma Plus fall immunization clinics, please call 416-362-6406.

FALL BACK ONE HOUR
OCTOBER 31: After a night of trick-or-treating, remember to set your clocks back one hour. Instead of fiddling with your old timepiece, treat yourself to this elegant, special-edition Birks 125th Anniversary Watch. BIRKS
COMING SOON: Keep an eye open for details of our Fall ARTS & EVENTS performances and LEARNING NETWORK seminars: together in one handy agenda to carry and keep all season.

PAMPER YOUR FEET
Don’t stop getting pedicures just because flip-flop season is over. Be a proud local citizen by showing off a new pink from OPI – Paint Your Toes Rose. ADRIENNE FOLEY SPA

GET ORGANIZED
Clear away the clutter on your desk and in your purse or briefcase. Keep everything organized in an attractive leather agenda. B. SLEUTH & STATESMAN INC.

PLAN THANKSGIVING DINNER
OCTOBER 11: Want to serve your family something special? Start by treating yourself to a new cookbook. The Taste of the Season by Diane Rossen Worthington (Chronicle Books) is filled with easy-to-prepare recipes for autumn. COLES

TREAT YOUR SWEET TOOTH
Bite into divine decadence: green apples dipped in caramel, then dipped in milk chocolate and swirled with white chocolate! ROCKY MOUNTAIN CHOCOLATE FACTORY
NEW FASHIONS: FALL FASHION SHOW
You’ve read about some of fall’s top fashion trends in this magazine. Soon you’ll also be able to see this season’s hottest looks for men and women on the runway. Mark your calendar: our Fall Fashion Show takes place on October 21 at 12:15 and 1:15 at the Waterfall Stage of First Canadian Place.

NEW MENU: TASTING ROOMS
Tasting Rooms is changing its menu in October. While you may be putting away your own barbecue at home, the thrill of the grill has influenced many of the restaurant’s new dishes. Get a taste of what we mean: their new dinner menu features grilled steaks and fresh fish cooked over live charcoal.

AUTUMN EVENINGS: Did you know that Tasting Rooms restaurant has a wood-burning fireplace? Drop by after work and unwind. Bring a friend – or bring a book!

NEW RESTAURANT: SAPORI TRATTORIA
Craving Italian food for lunch? This fall, you’ll be able to enjoy the authentic tastes of Italian cuisine, without having to leave First Canadian Place. Whether you eat in the restaurant or order something from the take-away counter, choose from the many special dishes developed for their brand new lunchtime menu.

JUST MOVED IN! ADD TO YOUR PHONE BOOK
MARITIME TRAVEL Street Level 416-361-9330
SPAMEDICA® INFINITE VITALITY CLINIC Dr. S. Mulholland, Plastic Surgeon, 25th Floor, Suite 2500 416-644-0050
SAPORI TRATTORIA Upper Level 416-862-6294
Great ESCAPES

The secret to success and happiness? It’s about balancing business with pleasure. Take a break at First Canadian Place.

GOT TO GET AWAY?
Whether in need of a romantic break on a beach or planning a family vacation – when it’s time to escape, make all the arrangements with MARITIME TRAVEL, located on the street level of First Canadian Place (behind Handwritings). Stop by and let these travel experts help you turn the trip of your dreams into your next vacation. Make plans before October 31 to take advantage of MARITIME TRAVEL’S Book Early special offers.

TRIP TIP: For help getting ready for your next trip, call FCP Personal Shopper Cathy DeSerranno at 416-862-6322. She’ll help you get everything you need – all for free!

CAN’T GET AWAY?
Burning the candle at both ends? No time to take a few days off to rejuvenate? A quick visit to SPAMEDICA® Infinite Vitality Clinic in its newest location on the 25th floor of FCP could be the answer. SPAMEDICA’S unique treatments will provide you with beautiful and healthy skin with a youthful vitality that you desire! Call and book your appointment at 416-644-0050.

First is a free seasonal magazine produced and published by First Canadian Place Shopping Centre. For information, please e-mail our editor at: fcpinfo@firstcanadianplace.com Products featured in FIRST are subject to availability.
**Tracking down an item featured in this magazine?**

Need to make a reservation for lunch? Wondering if your dry-cleaning is ready? Use this handy list to contact our stores, restaurants and services.

### WOMEN'S WEAR
- **Atelier, Sandra Angelozzi**  416-862-9074
- **Fahrenheit**  416-861-9318
- **Gap**  416-877-1332
- **Laura Petites**  416-364-7761
- **La Vie En Rose**  416-368-9385
- **Melanie Lyne**  416-368-8040
- **Options For Her**  416-861-8733
- **SOLE Swimwear**  416-368-9190
- **Steilmann**  416-304-0221
- **Suzy Shier**  416-367-1756
- **Tabs International**  416-955-1419
- **United Colors of Benetton/Sisley**  416-362-312B

### CHILDREN'S WEAR
- **Baby Gap**  416-364-9200

### MEN'S WEAR
- **Gap**  416-777-1332
- **Graffon & Co.**  416-214-1499
- **Tilto & Son Clothiers**  416-368-2055
- **Tip Top**  416-922-9299
- **Vassi Fine Menswear**  416-363-8060

### SHOES
- **Aldo Shoes**  416-867-1118
- **Nine West**  416-368-0611

### ACCESSORIES
- **Collin Jewellers**  416-362-0440
- **Geli Gems**  416-364-4007
- **Henry Birks & Sons**  416-363-5663
- **K. Jamson Leather**  416-362-0230
- **Karir Eyewear**  416-363-4699
- **Legio Beautiful**  416-363-3839
- **Necessities**  416-368-9424
- **The Art of Design**  416-216-1698
- **The Eyeglass Boutique**  416-368-1551
- **The Jewellery Studio**  416-363-4965

### GENERAL SPECIALTY
- **Art One**  416-364-2772
- **B. Sleuth & Statesman Inc.**  416-363-2997
- **Black-Eyed Susan's**  416-361-3500
- **Carlton Cards**  416-360-4536
- **Colin Mitchell**  416-304-0359
- **David Mitchell**  416-594-6555
- **Ellebath**  416-594-6555
- **Fido**  416-815-0207
- **Gateway Newstand**  416-861-1352
- **Gateway Newstand**  416-304-0359
- **H2O Plus**  416-363-6066
- **Handwritings**  416-366-6531
- **HMV**  416-364-6815
- **LCBO**  416-594-9040
- **Pharma Plus Drugmart**  416-368-5889
- **RadioShack**  416-368-5889
- **Table of Contents**  416-203-1182
- **The Humidor**  416-363-4233
- **The Tea Emporium**  416-861-1755
- **Timothy's World Coffee**  416-364-1733

### MARKET PLACE
- **Adelaide Fire**  416-862-9957
- **Adelaide Health Centre**  416-367-5200
- **Adelaide Spa (ext.141)**  416-367-9957
- **Adrienne Foley Spa**  416-214-1944
- **Al tima FCP Dental Centre**  416-368-7226
- **BMO InvestorLine**  416-643-1778
- **Bank of Montreal**  416-867-5000
- **Board of Trade**  416-366-6811
- **Canada Post**  416-364-0540
- **Dr. Bernstein's Diet Clinic**  416-869-3118

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For more information, visit our web site at firstcanadianplace.com. In the Shopping & Dining section, click on Directory.
IPA(key): /ɡɛt/, /ɡɪt/, [ɡɛʔ]. Rhymes: -ɛt. From Middle English geten, from Old Norse geta, from Proto-Germanic *geta... (compare Old English āgetan, Old High German pi-gezzan (āoηoηoηoη upholdâ€), Gothic δ̅ε̅δ̅ε̅̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅δ̅ε̅delta}