



Local Services, Local Support.

# Care & Share Newsletter

## November 2017

### THANKSGIVING TIME AGAIN



Cindy Feist  
Executive Director

The meaning of Thanksgiving has undergone numerous transitions over the centuries. For many of us, the meaning of Thanksgiving usually includes feasting, four-day weekends, football games, floats, family reunions, or a forerunner to Christmas festivities. Families add their own customs to the celebrations, preserving what they hold most precious.

Ultimately, we all gather in unity with family and friends. It is refreshing and invigorating when people come together, in celebration of a common purpose. It's a reconciliation of

differences as well as a time of healing. At this time, we reflect with gratitude upon all the gifts (family, friends, and health) that encompass our lives. In sharing our stories of victories as well as our struggles, we find strength and hope.

Here at Women Supporting Women, we strive to provide hope to all those who walk through our door or we encounter out and about; survivors, caregivers, friends and family alike. During this time of Thanksgiving, Women Supporting Women is truly thankful to all those who support us throughout the year. Without your support and well wishes, we would not be able to provide the much needed free services and support to our local community. To all of you, we cannot say THANK YOU enough.

**From all of us at Women Supporting Women**

**HAPPY THANKSGIVING!**

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*Donation Slip on Back*

## SUPPORT GROUP MEETINGS

SALISBURY	POCOMOKE	OCEAN CITY	CAMBRIDGE
<b>Nov 2nd - 6:30 pm Thursday</b>	<b>Nov 9th - 5:30 pm Thursday</b>	<b>Nov 15th - 1:00 pm Wednesday</b>	<b>Nov 28th - 6:30 pm Tuesday</b>
1320 Belmont Ave 410-548-7880	Pocomoke Comm. Center 1410 Market St 410-548-7880	Atlantic Health Center 9714 Healthway Dr 410-548-7880	Christ Episcopal Church 410-563-0946
Speaker/Topic: Open Forum	Speaker/Topic: Open Forum	Speaker/Topic: Open Forum	Speaker/Topic: Open Forum
Facilitator: Kyle Beebe	Facilitator: Virginia Schneider	Facilitators: Cindy Elliott, RN, Nurse Nav. Bev Ward, RN Breast Care Nav.	Facilitator: Sue Todd

# SURVIVOR STORY



Travel Gently

*by Lisa K. Tager, JD, MSW, LICSW*

I first heard the words “travel gently” at a meditation class in New York that I attended with my daughter. I was rather impressed that she had invited me to join her, me being a 55-year-old fuddy-duddy. I’ve always prided myself on being a little bit trendy and hip (if you count wearing flax clothes and eating Pinkberry by the cupful as “hip”). We changed into our yoga pants. Or rather, she did. I had come prepared wearing my Lulu lemons, which I had barely taken off in the last three years since becoming a fulltime therapist. I no longer felt the need to get dressed anymore, or to act like a “real” adult.

The meditation class was held in a dark, cool dome of a room. Eight other bodies breathed beside us. A facilitator led us in counting and encouraged us to gently push away other thoughts from our minds. Since cancer, I had been making myself do this regularly, so I was actually not bad at this exercise. BC (or before cancer), I was never able to do anything like that! Before cancer, I was barely able to relax long enough to sit still – let alone (attempt to) meditate.

My daughter was smiling and happy and very relaxed after the session, but I was focused on how the beautiful, soothing sunshine felt on my skin.

I knew the problems I would soon be dealing with (the *reentry issues*, as I referred to them) would not be cured by a day of sunshine. Whenever a person with cancer is confronted with anything that reminds you of diagnosis or treatment, it takes your breath away and you get a little bit of that panicky, sick feeling that consumes your entire body. It’s an identical reaction to the one you experience when the doctor says, “You have cancer.”

My life changed forever in that split second. Visions of my daughters in wedding dresses and my future grandchildren playing on the lawn flooded my mind. My heart started to pound, and I knew I needed support. Since my husband was working and probably unreachable, I called my youngest child, Julia, whom I knew was nearby running errands.

While lying in bed that night, I remembered that about three years prior I was in a job I didn’t like. I was so unhappy, yet I felt too embarrassed to quit. So, I had secretly wished that I would have a cancer scare and need to quit work. Nothing too horrible, just enough of a scare to let them release me without the shame that would come from leaving my job without having a new one lined up.

Tossing in bed, I wondered if this was payback or if I had somehow wished my body into a state where I actually enticed the cancer cells to grow. Hearing over the next couple of days that this cancer had reached a very large size and had been growing for a long time made me think that my earlier wish had actually come true without me knowing it at the time. You know what they say, be careful what you wish for.

Back in the Manhattan sunshine, post treatment, I felt elated to be alive and standing in the sunlight with my family in my favorite place in the world. That was enough! I didn’t need theater tickets, or a reservation at a fancy restaurant, or expensive jewelry to feel like the luckiest woman alive. As my husband and I drove out of the city and back to Cape Cod, leaving my daughter waving farewell in the street, I reflected on my weekend. The meditation teacher’s soft voice urging us to “travel gently” echoed in my mind.

Before cancer, I realized, my focus was on the “travel” part. I wanted to get where I was going, make progress, move on to the next big idea. Now, I am softening into the “gently.” I live with more intent. And while I have no less desire to make progress – in my life, in my clients’ lives, in the world – I now do so mindfully, and with a gentleness and a calmer devotion to my pursuits that I only could have learned by way of my journey through cancer.

◆◆◆◆◆

*This article was published in Coping® with Cancer magazine, July/August 2017.*

## Protect Yourself from Infection

by Kimberly Hinckley, RN, BSN, CIC,  
and Brahm H. Segal, MD

Infections are illnesses caused by microorganisms (germs) such as bacteria, viruses, and fungi. People with cancer may be at increased risk for infections for a number of reasons.

The cancer itself may compromise the immune system, which is what protects the body from infection. For example, certain cancers of the blood may inhibit the body's ability to make normal white blood cells that fight infection. In addition, cancer treatments such as chemotherapy and radiation therapy can decrease the number of healthy white blood cells.

Neutrophils are a specific type of white blood cell that have a particularly important role in protecting the body from infection. Neutropenia, or low neutrophil count, can result from certain types of cancer treatment, and the longer the duration of neutropenia, the greater the risk of infection. Other medicines used in cancer therapy (such as steroids) can also weaken the immune system.

It's important for people receiving cancer treatment to be alert for signs of infection and report them to their physician. Signs of infection include fever, cough, and skin that is red, tender, and swollen.

Hand washing is one of the best methods for preventing infections. Different types of medications are used to treat infections. The most common are antibiotics to treat bacterial infections. Antiviral and antifungal medications are also sometimes used to treat infections in

people with cancer. Some people who are at high risk for infections may be prescribed medications to reduce the risk of infection. People with neutropenia who develop a fever require prompt evaluation and treatment.

Keep in mind that there are many kinds of cancer and cancer treatments with different levels of infection risk. Your oncologist can educate you about the risk of infections associated with your specific cancer and treatment and what can be done to prevent them. However, there are also some general guidelines you can follow to reduce your risk of infection.

Taking infection prevention into your own hands has a very literal translation. Hand washing is one of the best methods for preventing infections. If your hands are visibly dirty, you should vigorously wash them with soap and water for at least 15 seconds. It's OK to use alcohol-based hand sanitizers when soap and water is not available. Always wash or sanitize your hands before eating, drinking, or taking medication; after using the bathroom, coughing, sneezing, or blowing your nose; before touching your eyes, nose, or mouth; before and after performing any care involving intravenous lines, catheters, or bandages; and after touching things that are frequently touched by others. It is also important for your healthcare providers, family, friends, and caregivers to wash or sanitize their hands before touching you.

Your skin is your first line of defense in preventing infections from entering your body, so it's important to maintain good personal hygiene. The first step to ensuring good hygiene is to bathe or shower regularly with mild soap. Change towels daily, and do not share towels with oth-

ers. Regularly inspect your skin closely for rashes, redness, signs of infection, or cuts that do not heal properly. Use a soft toothbrush to clean your teeth after meals and before going to bed. Keep bandages dry. If they become wet, change them promptly.

In addition, you should keep away from people who are sick and avoid crowds of people, especially during cold and flu season. Do not handle animal excrement; have someone else help care for your pet. Get plenty of rest, as fatigue can stress your immune system. Eat a well-balanced diet. Do not eat spoiled or expired foods, and do not consume raw meat or seafood. Thoroughly wash fruits and vegetables before eating them.

Ask your doctor about vaccines that prevent illness. It's important to talk to your doctor before receiving any vaccines because live vaccines can potentially be harmful to people with certain types of cancer. Encourage family, friends, and caregivers to be immunized as well.

Empowering yourself is one of the most important things you can do to prevent infections during cancer treatment. You have the right to ask everyone who participates in your care to wash their hands. Make sure that anyone who visits you is healthy, and don't be afraid to ask questions when you're unsure. Contact your healthcare team if you suspect you may have an infection. Infections caught early are easier to treat.



To learn more about preventing infections during cancer treatment, visit [PreventCancerInfections.org](http://PreventCancerInfections.org). This article was published in Coping® with Cancer magazine, May/June 2014.

# COMPLEMENTARY CARE



## **Keeping Up Appearances When Cancer Leaves Its Mark**

*by Terri Tate, RN, MS*

Where I come from, looking good was all that mattered. In Grosse Pointe, Michigan, in the 1950s, what you wore to church on Sunday was more important than how you behaved during the week. My mother never tired of telling me that girls like me needed to “do the most with what they had.” Looking back, I can see that I was a pretty child, but at the time I couldn’t see beyond my freckles and slight chubbiness.

Even as a kid, though, I suspected that who you were on the inside was more important than how you looked. Sure, I wanted to fit in and wore checked gingham skirts over layers of crinolines, but I never spent much time on my hair or make-up. I was more concerned about being a good girl and helping Mom. But I could never do enough to keep her happy. My failure was constantly reinforced by the voice in my head that I would later name “The Vile Witch Upstairs.” I thought this inner critic was all there was to me.

Following Mom’s suggestions, I became a wife, a nurse, and a mother. But she and “The Witch” were still not satisfied. And I grew tired of trying to please them. I entered a period of deferred adolescent rebellion that involved getting divorced, remarried, and then redivorced. Clearly, I wasn’t cut out for rebellion. So, I stayed busy caring for others, and by my mid-40s, things were starting to look pretty good. My kids were launched, my career was booming, I was engaged to a lovely man, and we had just bought a house so beautiful that we kept waiting for the real owners to show up.

And then, the whole picture began to unravel with the discovery of a little spot under my tongue. I was brushing my teeth one blustery Michigan night when I noticed the sore. It took three months to get a diagnosis: cancer. Surgery removed the tumor, the margins, and some nodes in my neck. The doctor uttered the best words in the English language, “We got it all.” He had done such a skillful job that, after a few weeks, I looked, ate, and talked much as I had before.

By the time my remaining tongue started to burn, I was newly married, and my speaking career was busier than ever. It had only been 18 months since the first surgery, but it still took my doctor three months to diagnose the recurrence. By the time he did, I had a tumor the size of a golf ball on my remaining tongue. This surgery was not so simple. It lasted 24 hours, involved removing and rearranging a host of body parts, and left me with less than half a lower jaw. This time, my looks, speech, and eating ability were all affected. And I had a two-percent chance of survival.

With my life on the line, looking good was not high on my priority list. After all, my husband vowed that he could see my inner beauty. Then he left me for a younger, blonder, more symmetrical woman. I was alone, disfigured, and pushing 60. What could I do?

There was no changing the external realities, so I had to look inside for peace. I spent quiet time alone, wrote in a journal, went for walks, and discovered that there was more to me than “The Vile Witch Upstairs.” I unearthed wise and loving parts of myself and got to know them. I learned to care for myself as I had always cared for others.

Facing disfigured dating at 71, I can’t say I’m thrilled to be “facially different.” But I’m grateful that I’ve found a way to accept myself “as-is.” Cancer can ravage our bodies, but not our souls. Be gentle with yourself as you face this challenge. Loving ourselves improves the quality of our lives, no matter what we look like.



*This article was published in Coping® with Cancer magazine, July/August 2017.*



## EN on Foods

### Calling Out Cauliflower

**The Folklore.** Cauliflower's "brainy" appearance clearly suggests it's a smart dietary choice. Its name comes from the Latin words *caulis*, which means cabbage, and *floris*, or flower. Indeed, cauliflower shares its history with the cabbage, traced back to 6,000 B.C., when the Roman philosopher, Pliny the Elder, deemed cauliflower the most pleasant tasting variety of cabbage in his encyclopedia, *Natural History*. Delicious on its own, cauliflower's unassuming flavor happily adapts to many culinary profiles, from curried to pickled, making it so easy to enjoy its bounty of health and nutrition benefits.

**The Facts.** Cauliflower (*Brassica oleracea*) is part of the very recognizable vegetable family known as crucifer, or Brassica, which includes cabbage, broccoli, kale, and collard greens. Cauliflower has a closely packed "head" of undeveloped flower buds surrounded by green leaves that shelter it from the sun, preventing the formation of chlorophyll in white varieties. There are also green (Broccoflower), purple, and orange (sometimes called "cheddar") varieties. A one-cup serving has just 28 calories, yet packs an impressive 92% DV (Daily Value, based on 2,000 calories/day) of antioxidant vitamin C, 22% DV of vitamin K for healthy blood function, as well as several beneficial sulfur-containing compounds called glucosinolates.

**The Findings.** Scientists recommend consumption of Brassicas, including cauliflower, largely because they are rich sources of glucosinolates. When eaten, glucosinolates form isothiocyanates, which are linked to cancer prevention (*Frontiers in Plant Science*, 2017). Sulforaphane, another type of isothiocyanate present in Brassicas, has shown antitumor effects and inhibition of cancer cell growth, which become even more potent when combined with irradiation treatment (*PLoS One*, 2017). Glucosinolates in Brassicas also have been found to benefit cardiovascular health by significantly reducing blood cholesterol levels (*Molecular Nutrition & Food Research*, 2015).



Cauliflower is rich in disease-fighting compounds.

**The Finer Points.** Peak season runs September through November, but cauliflower's popularity merits year round availability. The freshest cauliflower has a pristinely white (or green, purple, or orange!), tightly packed head that's free of spots or blemishes, and is wrapped in healthy looking green leaves. Store, refrigerated, up to a week in a plastic bag. Minimize cooking time to maintain its health promoting compounds, while exploring this veggie's versatility: slice into "steaks," chop and sauté or roast, process into "rice," or puree into mashed "potatoes" for fun twists on the ordinary. 

—Lori Zanteson

#### Notable Nutrients: Cauliflower

1 c (124 g) cooked, chopped

Calories: 28	Vitamin K: 17 mcg (22% DV)
Dietary Fiber: 3 g (12% DV)	Vitamin B6: 0.2 mg (10% DV)
Vitamin C: 55 mg (92% DV)	Folate: 55 mcg (14% DV)

Note: c=cup, g=gram, mg=milligram, mcg=microgram, DV=Daily Value, based on 2,000 calories/day

#### Cauliflower Almond Soup

1 medium onion, diced	
4 cloves garlic, minced	
2 Tbsp olive oil	
½ c white wine	
1 medium cauliflower, small florets	1 c almond milk
1 medium potato, peeled and diced	½ c plus 1 Tbsp ground almonds
5 c low-sodium vegetable stock	Salt and pepper, to taste



1. Sauté the onions and garlic in olive oil until transparent. Add white wine and simmer until reduced by half.
2. Add the cauliflower and potato and cook for another 2 minutes. Add vegetable stock, bring to a boil, and simmer for 25-30 minutes.
3. Mix in the almond milk and ground almonds and simmer for another 3-4 minutes. Season to taste with salt and pepper.
4. Using a hand-held blender or food processor, puree until smooth.

Makes 4 servings

**Nutrition Information Per Serving:** 275 calories, 14 grams (g) fat, 1 g saturated fat, 26 g carbohydrate, 7 g protein, 3 g dietary fiber, 174 milligrams sodium.

Recipe adapted courtesy Almond Board of California

### One Drink a Day May Increase Breast Cancer Risk

Imbibing just one alcoholic beverage a day increases a woman's risk of breast cancer, according to research. London researchers reviewed 119 studies worldwide that included over 12 million women and 260,000 plus cases of breast cancer. There is strong evidence that consuming alcoholic drinks increases risks of both premenopausal and postmenopausal breast cancer. Alcohol is converted into toxic acetaldehyde, which builds up in the body, meaning more cancer-causing cell damage. The studies showed being physically active, especially vigorous physical activity, decreases risk.





# 16th Annual Walk for Awareness







# Tanger Outlets OC Car Show & Peninsula Dressage





# Autumn Wine Festival





# WSW NEWS & HAPPENINGS

1320 BELMONT AVENUE, SUITE 402

SALISBURY, MARYLAND 21804

410-548-7880

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## Upcoming Events

### **"Quarters In. Paddles Up."**

Thursday, November 2<sup>nd</sup> @ 5:00 PM Salisbury Moose Lodge

### **Pint & Pose**

Tuesday, Nov. 14 @ 5:15 PM

EVO Craft Brewing Company

\$25 before 11/7 or \$30 after.

Includes (2) craft beers

### **Wine Down Hour**

Friday, Dec 8<sup>th</sup> at 5:30-7:30 pm

Brews Up at Urban Nectar, Berlin, MD

\$40/person and includes wine tastings, wine making and (2) bottles of wine to take home.

For more information and to register for our events, visit [www.WomenSupportingWomen.org](http://www.WomenSupportingWomen.org) Or Call (410) 548-7880

## FUN FACT:

Neil Armstrong and Buzz Aldrin's first meal in space after walking on the moon was foil packets with roasted turkey.

Thank You to the following organization for making donations during Breast Cancer Awareness Month. 1. Caroline County EMS 2. Snow Hill High School Principal, Kim Purvis and WSW, Kerrie Bunting 3. Ocean City Elementary Faculty and Staff 4. K&L Microwave Staff with WSW, Amanda



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# Mentoring Minute

## Just Diagnosed with Cancer? Tips for Adjusting to your New Life

- Write down your questions and concerns before your doctor visits
- If possible, bring a family member or friend to help you remember what you hear
- If you can, let your healthcare team know whether you want to know all the facts or just the basics
- The best time to plan for potential changes to your routines is before you begin treatment
- Stay flexible - changes may come when you least expect them
- Maintain a healthy lifestyle, eating a variety of foods, getting adequate rest, and exercising
- Take it one day at a time – easy to overlook this simple strategy during stressful times
- Let friends and family help you where possible, with errands, transportation, meals, and chores
- Express how you really feel – to other people, in a journal, or through another outlet
- Seek support from others (i.e. support group)

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## Look Good Feel Better Helping Women with Cancer

During cancer treatment, Look Good Feel Better volunteer beauty professionals help you with:

- Skin care and makeup application
- Tips on wig selection and wig care
- Dry skin, discolored nails
- Scarves, turbans, and hats
- Style tips (video)

### Peninsula Regional Medical Center workshop locations:

November 8<sup>th</sup> @ 10:00 AM in Salisbury  
Peninsula Regional Medical Center  
Cancer Support Services  
560 Riverside Drive, Suite A106, Salisbury, MD 21801

November 14<sup>th</sup> @ 1:00 PM in Berlin  
Peninsula Regional Medical Center  
Richard A Henson Cancer Institute – Ocean Pines  
11105 Cathage Road, Berlin, MD 21811

**REGISTRATION IS REQUIRED**  
Additional workshops are held in Easton and other parts of Maryland and Delaware



look good feel better  
HELPING WOMEN WITH CANCER



For more information about Look Good Feel Better, visit our website at [lookgoodfeelbetter.org](http://lookgoodfeelbetter.org), call us toll free at 1-800-395-LOOK (5665), or contact your American Cancer Society 24/7 at 1-800-227-2345.

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## Joke of the Month

I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.



Check out  
more funny  
jokes:

[http://  
www.short-  
funny.com/](http://www.short-funny.com/)



# DONOR THANKS

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## In-Kind

Peggy Conway

## Civic

PEO Chapter AE

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## In Memory Of:

Alexander "Sandy" Butchart

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A friend

Kathryn Collins Williams

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And

Grace Granz

## Business

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## In Honor Of:

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## HOW CAN YOU DONATE?

### Monetary

- ⌘ Our Website
- ⌘ Over the Phone
- ⌘ Mail - in (donation slip on back)
- ⌘ In Honor or Memory of
- ⌘ 3rd Party Fundraiser

### In-Kind (Non-Monetary)

- ⌘ Wigs
- ⌘ Bras
- ⌘ All types of head coverings
- ⌘ Prostheses
- ⌘ Paper, cardstock, etc.

**november:** |nō'vember| -n.

the last month of autumn, but the beginning of a new adventure; time to take risks and do the unexpected





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or if you no longer wish to receive our  
newsletter. Thank you.

410-548-7880 or  
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