VERB™ Ponte las pilas.™

Personal Record Form for Spring

Directions:

What activities do you enjoy? On this page you'll find 14 ways you can VERB — one for each week throughout the spring (from March through May). Write down what you think about these activities. Which ones are your favorites? Which ones have you tried? Keep a record of what you think about these different ways to VERB. At the end of the school year, take another look. What activities are you doing then?

Chart

For each week listed on the next page, put a ✔ in the box next to each VERB activity that you participated in during the week.

CHEER (MAR. 1) _____

_____

WRESTLE (MAR. 8): _____

_____

HIKE (MAR. 15) _____

_____

GYMNASTICS (MAR. 22): _____

_____

THROW (MAR. 29): _____

_____

YOGA (APR. 5): _____

_____

FIELD HOCKEY (APR. 12): _____

_____

KARATE (APR. 19): _____

_____

WALK (APR. 26): _____

_____

BIKE (MAY 3): _____

_____

RUN (MAY 10): _____

_____

TABLE TENNIS (MAY 17): _____

_____

TAP (MAY 24): _____

_____

BOCCE (MAY 31): _____

_____

March 2004 through May 2004

VERB Activity	Mar 1	Mar 8	Mar15	Mar 22	Mar 29	Apr 5	Apr 12	Apr 19	Apr 26	May 3	May 10	May 17	May 24	May31
Badminton														
Balance														
Baton Twirl														
Bike														
Bocce														
Bowl														
Catch														
Cheer														
Cumbia														
Dance														
Disc Golf														
Dive														
Dribble														
Field Hockey														
Figure Skate														
Football														
Gymnastics														
Hike														
Hula Hoop														
Inline Skate														
Jog														
Juggle														
Jump														
Karate														
Limbo														
Martial Arts														
Netball														
Paddle														
Pass														
Pitch														
Row														
Run														
Sepak Takraw														
Skateboard														
Soccer														
Stretch														
Surf														
Swim														
Swing														
Table Tennis														
Tai Chi														
Tap														
Tennis														
Throw														
Track and Field														
Ultimate Frisbee														
Volleyball														
Walk														
Water-ski														
Weight Train														
Wrestle														
Yoga														

VERB™ Ponte las pilas.™

MARCH 1, 2004

Meet Two CHEERleading Xperts

Twin cheerleaders Jeannine and Jessica Patrick say it takes a lot of hard work, dedication, and teamwork to be a good cheerleader. "We do gymnastics, running, conditioning, practice fight songs or dancing, and of course, we practice our stunts. It's tough, but it's all worth it in the end," they say.

VERB TIME

Inventa una porra

Prepara una porra con unos amigos sobre las precauciones que hay que tener cuando se hacen acrobacias y practícala con tus amigos.

¿Puedes inventar una porra que incluya "Ponte las pilas"?

MONDAY | MARCH 1

TUESDAY | MARCH 2

WEDNESDAY | MARCH 3

Teacher Comments:

Parent Signature:

CHEER WEEK ANIMA

www.VERBnow.com

THURSDAY | MARCH 4

FRIDAY | MARCH 5

SATURDAY | MARCH 6

SUNDAY | MARCH 7

Three Cheers for Stunt Safety

Before trying any cheerleading stunt, remember these three safety rules:

- Always practice on mats or pads
- Always use spotters
- Never attempt a stunt unless a coach is present.

Guess Who

Which one of these famous people used to be a cheerleader?

a Samuel L. Jackson
b Madonna
c George W. Bush
d All of the above

Answer: (d) All of the above.

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28	29	30	31			

Cheer for National Cheerleading Week

VERB™ Ponte las pilas.™

MARCH 8, 2004

Fast Fact

Greco-Roman style wrestling is considered the world's oldest competitive sport and was the focus of the first modern Olympic Games in 1896.

VERB TIME

Calentándose para luchar

¿Estás listo para practicar la lucha? Tienes que levantar la temperatura corporal antes que nada. En otras palabras, tienes que calentar.

Ted Witulski del USA Wrestling dice que hay, literalmente, cientos de maneras de calentar antes de entrenar. Las posibilidades pueden incluir acrobacias y ejercicios gateando, saltando o brincando. Habla con tu maestro de educación física para aprender ejercicios para calentar.

MONDAY | MARCH 8

TUESDAY | MARCH 9

WEDNESDAY | MARCH 10

Teacher Comments:

Parent Signature:

Verb 2 JAN-April 8/8/03 6:58 PM Page 69

WRESTLE WEEK LUCHAR

THURSDAY | MARCH 11

FRIDAY | MARCH 12

SATURDAY | MARCH 13

SUNDAY | MARCH 14

Did You Know...

...that there is a style of wrestling in which a wrestler cannot attack an opponent's legs or use his or her own legs? It's called "Greco-Roman." This "no-leg" style of wrestling is practiced in the Olympic Games .

Quick Quiz You Can't Fail

It is the traditional national sport of Japan. Two extremely large men meet in a ring that is 4.55 meters across. They wear thick silk belts around their waists, and try to force each other out of the ring. What is the name of the sport?

a Tofu
b Sushi
c Sumo

Answer: If you guessed (c) sumo, you're ready for a basho, the term used for a sumo tournament.

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VERB™ Ponte las pilas.™

MARCH 15, 2004

Meet a HIKING Xpert

Ben Mourer from Chicora, PA, has been hiking since he was ten years old. What advice does he have for the beginner? "Start small," he suggests. "Try just a mile or two of trail. Take your time, and if you like it, move on to the bigger trails. Just keep working your way up." So go on now! Take a hike!

VERB TIME

Consejos para ir de excursión

Ponte en forma antes de ir de excursión. Trata de caminar con tus padres por tu barrio, por 30 ó 45 minutos diarios.

Al aumentar tu fuerza y resistencia, estarás mejor preparado para una excursión de fin de semana.

MONDAY | MARCH 15

TUESDAY | MARCH 16

WEDNESDAY | MARCH 17

Teacher Comments:

Parent Signature:

HIKE WEEK EXCURSIÓN

www.VERBnow.com

THURSDAY | MARCH 18

FRIDAY | MARCH 19

SATURDAY | MARCH 20

SUNDAY | MARCH 21

SPRING begins

Take a Hike

The Appalachian Trail is 2,160 miles long and goes all the way from Katachdin, Maine, to Springer Mountain, Georgia. It passes through 13 states. Now that's really taking a hike.

Name That Park

According to the National Park Service, America's national parks have more than 12,000 miles of trails. Where would you be if you were hiking in the following park?

1. It's in parts of Idaho, Montana, and Wyoming.
2. It's the first and oldest national park in the world.
3. Old Faithful Geyser is here.

Now, name that park.

Answer: Did you guess Yellowstone National Park? If you did, you're right.

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VERB™ Ponte las pilas.™

MARCH 22, 2004

Did You Know...

...that male gymnasts compete in six events: floor, vault, parallel bars, horizontal bar, still rings, and pommel horse. Female gymnasts compete in four events: floor, vault, uneven parallel bars, and balance beam.

VERB TIME

Aprende a dar piruetas

No se necesita ser atleta olímpico para practicar gimnasia. Empieza dando volteretas. Aprende a darlas en el sitio Bam! (Body and Mind). Ve a www.bam.gov, palabra clave: cartwheel.

MONDAY | MARCH 22

TUESDAY | MARCH 23

WEDNESDAY | MARCH 24

Teacher Comments:

Parent Signature:

GYMNASTICS WEEK Gimnasia

www.VERBnow.com

THURSDAY | MARCH 25

FRIDAY | MARCH 26

SATURDAY | MARCH 27

SUNDAY | MARCH 28

Play It Safe

Here are three important rules for gymnastics:

(1) Never do a trick you are not familiar with

(2) Always have a trained "spotter" with you

(3) Never eat or chew gum while doing gymnastics

Follow these rules and you can have fun with gymnastics.

Quick Quiz You Can't Fail

What are gymnasts called who jump, tumble, flip, and dance to music while using rope, hoops, bars, or ribbons as part of their routines?

a Multi-talented gymnasts

b Wild and crazy gymnasts

c Rhythmic gymnasts

Answer: (c) Rhythmic gymnasts.

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MARCH 29, 2004

Meet a SOFTBALL Xpert

Melissa Fowler was only five years old when she first stepped on a T-ball field in Lexington, Kentucky. T-ball helped Melissa develop the primary baseball and softball skills of running, throwing, hitting, and fielding. By the time she was eight, Melissa was ready to join her first softball team.

VERB TIME

Tirar la pelota

¿Sabes tirar la pelota de beisbol con precisión? Estos cuatro pasos son importantes. Enumera los pasos en el orden correcto.

____ (a) Asegúrate de que el hombro que está al frente está en la dirección en que tiras.

____ (b) Da un paso hacia el blanco con el pie del lado en que tienes el guante.

____ (c) Tira la pelota

____ (d) Apunta la visera de tu gorra en la dirección del blanco

¡Inténtalo! ¡Ponte las pilas! Para más consejos sobre como tirar, pegarle y coger la pelota ve a: www.bam.com

Respuesta: 1-b; 2-a; 3-d; 4-c

MONDAY | MARCH 29

TUESDAY | MARCH 30

WEDNESDAY | MARCH 31

Teacher Comments:

Parent Signature:

THROW WEEK TIRA

www.VERBnow.com

THURSDAY | APRIL 1

FRIDAY | APRIL 2

SATURDAY | APRIL 3

SUNDAY | APRIL 4

Did You Know...

...that a major league baseball pitcher can throw a baseball up to 95 miles an hour? At that speed, how long do you think it takes the ball to cross the plate? If you said less than 1/2 of a second, you're right.

Silly Fact You Had to Know

There are exactly 108 stitches on a baseball. (What *we* want to know is "Who counted?")

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VERB™ Ponte las pilas.™

April 5, 2004

Did You Know...

...that yoga started in India more than 5,000 years ago? It is the practice of moving your body into different positions. These positions are known as postures or asanas. Each yoga posture focuses on a combination of stretching, balancing, breathing, and meditation. Does yoga sound like something you'd like to try?

VERB TIME

Intenta hacer esto

Dobla la pierna derecha y ponla sobre la rodilla izquierda. Pon la mano derecha en el suelo detrás de ti. Pon la mano izquierda en el tobillo izquierdo.

Ahora concéntrate en respirar hacia adentro y hacia afuera por la nariz. Limpia la mente. Felicidades, ya estás practicando yoga. ¡Inténtalo!. Ponte las pilas. Para más consejos sobre yoga ve a www.VERBnow.com

MONDAY | APRIL 5

Semana Santa (Holy Week)

TUESDAY | APRIL 6

Passover

WEDNESDAY | APRIL 7

Teacher Comments:

Parent Signature:

Verb 2 JAN-April 8/8/03 6:58 PM Page 77

YOGA WEEK YOGA

www.VERBnow.com

THURSDAY | APRIL 8

FRIDAY | APRIL 9

SATURDAY | APRIL 10

SUNDAY | APRIL 11

Easter

Name That Posture

Yoga postures have English names like Bridge, Cat, and Tree. What do you think a Bridge posture looks like? Make up a yoga posture and give it a name. See if a friend can guess what you have named your posture.

Quick Quiz You Can't Fail

There are three different ways in which yoga postures are usually done. Some yoga postures are done standing; some are done sitting. What is the third way?

a Playing video games
b Surfing on the net
c Lying down

Answer: (c) Lying down.

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VERB™ Ponte las pilas.™

APRIL 12, 2004

VERB TIME

Aprende a jugar hockey sobre hierba

¿Te gustaría aprender a jugar al hockey sobre hierba o pasto? Empieza aprendiendo los términos. Aquí hay tres . Empareja el término con la definición.

- Pase desde el centro
- Scoop
- La "D"

Definiciones de hockey sobre hierba.

(a) El "striking circle"; es el área desde donde se debe tirar para anotar un gol.

(b) El levantar la bola desde el suelo poniendo la cabeza del palo debajo de la bola.

(c) El pase desde el centro del campo que se usa para empezar el partido o volverlo a empezar después del medio tiempo.

Respuestas: c: Pase del centro
b: Scoop a: La "D"

MONDAY | APRIL 12

TUESDAY | APRIL 13

WEDNESDAY | APRIL 14

Teacher Comments:

Parent Signature:

FIELD HOCKEY WEEK HOCKEY SOBRE HIERBA

www.VERBnow.com

THURSDAY | APRIL 15

FRIDAY | APRIL 16

SATURDAY | APRIL 17

SUNDAY | APRIL 18

Did You Know...

...that a woman named Constance M. K. Applebee from England introduced the sport of field hockey to the United States during a physical education seminar at Harvard in 1901?

Fast Fact

Field hockey is one of the oldest pastimes in history. The sport of field hockey dates back well before the ancient Olympic Games.

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VERB™ Ponte las pilas.™

APRIL 19, 2004

What Is Karate?

Karate is one of the martial arts. It is the expression of power and movement. It involves both mental and physical disciplines. As an approach to life, it involves the training of the mind, body, and spirit. Does karate sound like fun? Ask your parents or physical education teacher where you can start to learn karate.

VERB TIME

¿Es el karate para ti?

¿Te divertirías haciendo karate? Piensa en esto.

(1) El karate es una buena alternativa a los deportes en equipo

(2) El karate es divertido tanto para niñas como para niños.

(3) Pueden participar personas de todas las edades.

(4) Puede ayudarte a mejorar algunas habilidades mentales como la concentración y la memoria.

MONDAY | APRIL 19

TUESDAY | APRIL 20

WEDNESDAY | APRIL 21

Teacher Comments:

Parent Signature:

KARATE WEEK KARATE

www.VERBnow.com

THURSDAY | APRIL 22

FRIDAY | APRIL 23

SATURDAY | APRIL 24

SUNDAY | APRIL 25

Did You Know...

...that "karate" is a Japanese word that means "empty hand"? ("Kara" means "empty" and "te" means "hand".)

Quick Quiz You Can't Fail

A school or practice hall where karate, judo, or other martial arts are taught is called a:

a hojo
b dojo
c yoyo

Answer: (b) dojo

Fast Fact

A person who studies karate is called a karateka. A karateka wears a gi (white, loose-fitting pants and jacket).

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April 26, 2004

A Long Walk Home

Ffyona Campbell of the United Kingdom once walked 18,840 miles. She walked across four continents and 20 countries. It took her more than 11 years.

VERB TIME

Organiza un autobús escolar andante

¿Qué es un autobús escolar andante? Una forma segura y saludable de ir a la escuela.

Algún padre o adulto se pone a la cabeza. El adulto te "recoge" a ti y a tus amigos en cada casa—a pie. El grupo se agranda mientras caminan hacia la escuela juntos usando la misma ruta. Además de ser buen ejercicio, también podrás conocer mejor el vecindario, pasar tiempo con tus amigos y hasta aumentar la energía antes de llegar a clase. Habla con tus padres acerca de esto y conviértete en el primero en organizar un autobús escolar andante.

MONDAY | APRIL 26

TUESDAY | APRIL 27

WEDNESDAY | APRIL 28

Teacher Comments:

Parent Signature:

WALK WEEK CAMINA

www.VERBnow.com

THURSDAY | APRIL 29

True or False

Race walking is a world-class sport that you can watch at the Olympics.

Answer: True. Why don't you give race walking a try with your friends?

FRIDAY | APRIL 30

Today is International Walk Day.

Quick Quiz You Can't Fail

What's the difference between walking and running?

a. How thick your socks are
b. How fast you're moving
c. Whether or not both feet leave the ground.

Answer: (c) When you're walking, one foot remains on the ground at all times. When you're running, both feet are sometimes off the ground.

SATURDAY | MAY 1

SUNDAY | MAY 2

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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VERB™ Ponte las pilas.™

MAY 3, 2004

Fred Flash

In 1995, 50-year-old Fred Rompelberg set a new speed record for cycling. He was clocked doing 166.9 mph — on a bicycle! That's more than twice the maximum speed on many interstate highways.

VERB TIME

Piensa sobre estos consejos de seguridad

¿Conoces a alguien que está empezando a aprender a montar en bicicleta? ¿Cuál de estos consejos de seguridad crees que es más importante que le digas a esta persona?

- Siempre lleva casco
- Para en todas las intersecciones
- Señala con las manos cuando doblas
- Ten cuidado con el pavimento disparejo
- Nunca montes en bicicleta con audífonos

Sabías la respuesta ¿verdad? Todos son importantes.

MONDAY | MAY 3

TUESDAY | MAY 4

WEDNESDAY | MAY 5

Cinco de Mayo (Battle of Puebla)

Teacher Comments:

Parent Signature:

BIKE WEEK CICLISMO

www.VERBnow.com

THURSDAY | MAY 6

FRIDAY | MAY 7

SATURDAY | MAY 8

SUNDAY | MAY 9

Día de la Madre (Mother's Day)

Hit the Brakes... Safely

If you are going 20 mph and hit the brakes, it will take you 15 feet to stop on dry pavement, but 23 feet on wet pavement. What's the point? Brake early on wet or dry pavement.

Cool Ride

You can put reflectors or funky reflective stickers on your bike — or your helmet. Who knew being safe could look so cool?

Take a Trip

Talk to a parent or coach at your school about organizing a bike riding club. Plan weekend riding trips with friends and family.

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30	31					

May is National BIKE Month

VERB™ Ponte las pilas.™

MAY 10, 2004

Did You Know?

The fastest animal is the cheetah. It can run up to 70 miles per hour. The fastest human is Tim Montgomery of Gaffney, South Carolina. He is officially the world's fastest man, clocking an incredible 100 meters time of 9.78 seconds. That's over 33 feet per second!

VERB TIME

Consejos para cuidarte: No te metas en problemas.

¿Cuál es un buen lugar para correr? Pregúntale a tus padres o a un entrenador en la escuela.

Usa una pista, campo, gimnasio, sendero o lugar pavimentado en la escuela. Usa conos para indicar ciertas distancias como 100m, 200m ó 400 m. Asegúrate de que el área donde corres está bien iluminada y de que tus padres o tutores aprueban. Correr es divertido cuando tienes cuidado.

MONDAY | MAY 10

TUESDAY | MAY 11

WEDNESDAY | MAY 12

Teacher Comments:

Parent Signature:

Run WEEK CORRE

www.VERBnow.com

THURSDAY | MAY 13

FRIDAY | MAY 14

SATURDAY | MAY 15

SUNDAY | MAY 16

On This Day...

September 25, 1988: Florence Griffith Joyner set a world record. She ran 100 meters in 10.49 seconds at the 1988 Olympic Trials. How fast can you run that distance?

True or False

In one scientific experiment, mice that ran on an exercise wheel grew more new brain cells than mice that didn't have an exercise wheel. True or false?

Answer: True. Does that mean running can increase your brain power? We don't know for sure. But it can't hurt.

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30	31					

This week is National Running and Fitness Week.

VERB™ Ponte las pilas.™

MAY 17, 2004

Serving Table Tennis

In table tennis there are all kinds of serves. For example, there's "down-the-line," "pure spin," and "pure speed." Many of these serves were made up or invented by professional table tennis players. Why not make up your own serve and give it a name? Name it after yourself. Go ahead. Have some fun with it. Ponte las pilas.

VERB TIME

Club de Tenis de Mesa

¿Hay un club de tenis de mesa en tu escuela? Si no hay, habla con tus padres o con el maestro de educación física y crea uno.

Lo único que hace falta para crear un club es una mesa, red, raquetas y pelotas... y algunos amigos para jugar, desde luego. De repente, te puedes encontrar organizando un campeonato de tenis de mesa para tu comunidad.

MONDAY | MAY 17

TUESDAY | MAY 18

WEDNESDAY | MAY 19

Teacher Comments:

Parent Signature:

Verb 3 May-Aug 8/8/03 6:49 PM Page 89

TABLE TENNIS WEEK PING-PONG

www.VERBnow.com

THURSDAY | MAY 20

FRIDAY | MAY 21

SATURDAY | MAY 22

SUNDAY | MAY 23

Fun Fact

Table tennis was first played in the early 1880s in India and South Africa. British army officers used lids from cigar boxes as paddles and round corks from wine bottles as balls. They placed a row of books across the middle of the table to form a net. And that's a fact.

Quick Quiz You Can't Fail

What is NOT a basic shot in table tennis?

a The block
b The smash
c The backstroke

Answer: (c) The backstroke. That's something you do in swimming. Do you know what kinds of shots the block and the smash are?

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30	31					

VERB™ Ponte las pilas.™

May 24, 2004

Fast Fact

American David Meenan holds the record for the longest distance tap danced by a man. He tap danced a distance of 32 miles in 7 hours 35 minutes.

Fast Tap

Can you tap 24 times in one second? Roy Castle can! He has held that record since January 14, 1973. How many taps is that in one minute? You try it. Tap dance. Ponte las pilas.

MONDAY | MAY 24

TUESDAY | MAY 25

Today is National Tap Dance Day.

WEDNESDAY | MAY 26

VERB TIME

Y 5, 6, 7, 8

¿Eres el próximo "Tap Dog"?

¿Puedes menearte al ritmo de cualquier tipo de música? Pon tu música favorita e inventa tu propia combinación de tap. ¡Inténtalo!

Teacher Comments:

Parent Signature:

Verb 3 May-Aug 8/8/03 6:49 PM Page 91

TAP WEEK

BAILAR TAP

www.VERBnow.com

THURSDAY | MAY 27

FRIDAY | MAY 28

SATURDAY | MAY 29

SUNDAY | MAY 30

Did You Know...

that May 25th is National Tap Dance Day? It is the anniversary of the birth of legendary tap dancer Mr. Bill "Bojangles" Robinson. He was known as the King of the Tap Dancers!

Quick Quiz You Can't Fail

Which of the following is a popular tap step?

a The Coyote
b The Buffalo
c The Wild Goose

Answer: (b) The Buffalo. Do you know how to Buffalo?

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30	31					

VERB™ Ponte las pilas.™

MAY 31, 2004

What's Bocce?

Bocce is a game of skill. There are usually one to four players on each team. Bocce is also the name of a four-and-a-half-inch ball that weighs about three pounds. This ball is used in the game of bocce. To play bocce, you begin by rolling a one-and-three-quarters-inch ball called a pallino down an alley. You then roll the bocce down the alley and try to get it as close to the pallino as possible. The bocce that comes closest to the pallino scores. Are you ready for bocce? Ponte las pilas.

MONDAY | MAY 31

TUESDAY | JUNE 1

WEDNESDAY | JUNE 2

VERB TIME

El momento de las Bochas

¿Te gustaría aprender a jugar bochas?

Busca en el internet las reglas para jugar bochas. Bochas es un juego muy entretenido que puedes hacer en el patio de tu casa ¡incluso con bolas de tenis! Reúnete con unos amigos y Ponte las pilas. ¡Inténtalo! Tal vez bochas se convertirá en tu deporte favorito.

Teacher Comments:

Parent Signature:

Verb 3 May-Aug 8/8/03 6:50 PM Page 93

BOCCE WEEK BOCHA

www.VERBnow.com

THURSDAY | JUNE 3

FRIDAY | JUNE 4

SATURDAY | JUNE 5

SUNDAY | JUNE 6

True or False

Bocce is one of the most popular sports in the world.

Answer: True. In fact many people say that bocce is second only to soccer in terms of the number of people who participate in that sport.

Quick Quiz You Can't Fail

Bocce begins by flipping a coin. The team that wins the coin toss starts the game by throwing out:

a Last night's empty pizza box
b Yesterday's newspaper
c The pallino

Answer: (c) Pallino.

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