DIARY 2024

New Year's Resolutions!

Sparkle Sisters!

Embracing Wellness in 2024!

HAPPY NEW YEAR!

OUR PLANET

We can all help to foster a more sustainale world

GROWTH

Let's make this year one of personal and professional growth!

CULTURAL EVENTS

Events to lookout for throughout 2024

EMBRACING A HEALTHY NEW YEAR: STRATEGIES FOR ACHIEVABLE RESOLUTIONS AND HOLISTIC WELLNESS

THE FUTURE OF TECHNOLOGY-DRIVEN CARE

UNVEILING THE TAPESTRY OF ARTS AND CULTURE: ANTICIPATED EVENTS SHAPING 2024

EMBRACING WELLNESS: HEALTH AND FITNESS TRENDS SHAPING 2024

NAVIGATING THE PATH TO CAREER SUCCESS: EMPOWERING GROWTH THROUGH STRATEGIC DEVELOPMENT

NURTURING OUR PLANET: EMBRACING ENVIRONMENTAL AWARENESS AND SUSTAINABILITY FOR A BETTER TOMORROW

UNVEILING ELEGANCE: FASHION TRENDS AND THE GLAMOROUS ART OF FALSE EYELASHES BY SPARKLE SISTERS

(1) elcome to 2024!

DEAR READERS,

AS WE STAND ON THE THRESHOLD OF A NEW YEAR, I AM HUMBLED AND EXHILARATED BY THE JOURNEY THAT LIES AHEAD. THE TURNING OF THE CALENDAR BRINGS WITH IT A TAPESTRY OF NEW OPPORTUNITIES, RENEWED HOPE, AND THE PROMISE OF TRANSFORMATION.

IN THE SPIRIT OF THE NEW YEAR, LET US EMBRACE THE BEAUTY OF NEW BEGINNINGS AND THE POWER THEY HOLD. LET US CHANNEL OUR COLLECTIVE ENERGIES INTO ENDEAVORS THAT FOSTER GROWTH, RESILIENCE, AND POSITIVE CHANGE.

2023 HAS TAUGHT US INVALUABLE LESSONS - THE STRENGTH FOUND IN UNITY, THE RESILIENCE BORN FROM ADVERSITY, AND THE IMPORTANCE OF CHERISHING EVERY MOMENT. AS WE STEP INTO 2024, LET US CARRY FORWARD THESE LESSONS, WEAVING THEM INTO THE FABRIC OF OUR ASPIRATIONS AND ACTIONS.

LET US RESOLVE TO EMBRACE COMPASSION, EMPATHY, AND UNDERSTANDING - PILLARS THAT FORTIFY THE BONDS THAT UNITE US. MAY THIS YEAR BE A TESTAMENT TO OUR COLLECTIVE STRENGTH, DETERMINATION, AND UNWAVERING SPIRIT.

TOGETHER, LET US SCRIPT A NARRATIVE OF SUCCESS, INNOVATION, AND INCLUSIVITY. LET US CELEBRATE DIVERSITY, CHAMPION SUSTAINABILITY, AND NURTURE A WORLD WHERE EVERY VOICE IS HEARD AND VALUED.

FROM THE DEPTHS OF MY HEART, I WISH YOU ALL A YEAR FILLED WITH BOUNDLESS OPPORTUNITIES, JOYOUS MILESTONES, AND MOMENTS THAT IGNITE YOUR PASSION.

HERE IS TO A YEAR OF GROWTH, TOGETHERNESS, AND THE PURSUIT OF EXCELLENCE.

WARM REGARDS,

Christina DiArcangelo

EMBRACING A HEALTHY NEW YEAR: STRATEGIES FOR ACHIEVABLE RESOLUTIONS AND HOLISTIC WELLNESS

BY, CHRISTINA DIARCANGELO

As the calendar turns, the New Year brings with it a surge of motivation and a desire for positive change. It is that time when resolutions are made, promising a fresh start and a healthier lifestyle. However, amidst the excitement of setting new goals, the challenge lies in maintaining these resolutions beyond the initial enthusiasm.



Setting Realistic Goals:

The key to successful resolutions is setting achievable and sustainable goals. Rather than focusing on radical changes, consider gradual shifts towards a healthier lifestyle. Start by identifying specific, realistic objectives – whether it is adopting healthier eating habits, committing to regular exercise, prioritizing mental well-being, or cultivating mindfulness practices.

Prioritizing Mental Health:

In the pursuit of wellness, it is imperative to prioritize mental health. This year, resolve to destigmatize conversations around mental well-being. Embrace mindfulness techniques, seek professional support if needed, and allocate time for self-care to nurture your emotional health.

Holistic Approach to Wellness:

Wellness transcends mere physical fitness; it encompasses mental, emotional, and spiritual harmony. Incorporate practices that nurture your holistic well-being. Whether it is engaging in hobbies, spending time in nature, practicing gratitude, or fostering connections with loved ones, these elements contribute significantly to a balanced and fulfilling life.

Making Resolutions Stick:

The secret to sustaining resolutions lies in consistency and adaptability. Create a plan, set milestones, and track progress regularly. Celebrate small victories along the way and be flexible in adjusting goals when necessary. Cultivate a supportive environment by involving friends or joining communities aligned with your wellness pursuits.

Navigating Setbacks with Resilience:

It is normal to face setbacks on the journey towards change. Instead of viewing slip-ups as failures, perceive them as learning opportunities. Practice self-compassion, learn from setbacks, and realign your efforts towards your wellness goals.

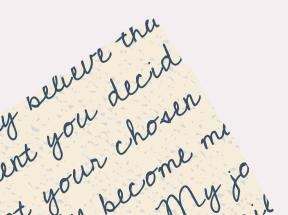


Embracing the Journey:

Remember, the essence of New Year's resolutions lies not only in achieving the end goal but also in embracing the journey. Cultivate a mindset that values progress over perfection. Allow room for growth, exploration, and self-discovery throughout the year.

As we embark on this new chapter, let us embrace the potential for positive change, prioritize our well-being, and embark on a journey towards holistic wellness. May this New Year be a testament to resilience, self-care, and the pursuit of a healthier, more fulfilling life.





www.christinadiarcangelo.com

Be about it, do not talk about, do something about it!

Schedule your coaching session with Christina DiArcangelo!

THE FUTURE OF TECHNOLOGY-DRIVEN CARE BY, CHRISTINA DIARCANGELO



In an era defined by technological innovation, the landscape of healthcare is rapidly evolving, ushering in transformative advancements that promise a change in thinking in patient care. Among these revolutionary strides stands Spectral Analytics Precision Tele-Monitoring, a groundbreaking technology at the forefront of revolutionizing healthcare delivery.

The Emergence of Precision Tele-Monitoring:

Spectral Analytics Precision Tele-Monitoring represents the constructive collaboration of precision medicine and telehealth, offering a revolutionary approach to patient monitoring and care. This innovative technology leverages AIdriven analytics and real-time monitoring, allowing healthcare professionals to remotely assess and manage patients' health with unparalleled accuracy and efficiency.

Unveiling the Potential:

At its core, Spectral Analytics Precision Tele-Monitoring is poised to redefine patient care dynamics. By integrating various data sources – from vital signs to biometric indicators – healthcare providers gain comprehensive insights into patients' conditions, enabling initiative-taking interventions and personalized care plans tailored to individual needs.

Advantages in Patient Care:

The innovation of Spectral Analytics Precision Tele-Monitoring transcends geographical barriers, bringing quality healthcare closer to patients, especially those in remote areas. Realtime data analysis allows for early detection of anomalies, empowering healthcare professionals to intervene promptly and prevent health deterioration.

Enhancing Healthcare Efficacy:

The impact of this technology extends beyond patient care. Spectral Analytics Precision Tele-Monitoring optimizes healthcare resources, streamlines workflows, and fosters a more efficient healthcare ecosystem. Through predictive analytics, it supports evidence-based decision-making, ultimately leading to improved outcomes and reduced hospitalizations.

The Future of Telehealth and Precision Medicine:

As the healthcare landscape evolves, the integration of precision tele-monitoring paves the way for the future of telehealth and precision medicine. Its potential spans diverse medical fields, from chronic disease management to postoperative care, revolutionizing how healthcare is delivered and accessed globally.

Navigating Ethical and Technological Frontiers:

While the possibilities seem limitless, ethical considerations and data security remain paramount. Striking a balance between innovation and patient privacy, ensuring regulatory compliance, and addressing digital divide challenges are critical for the widespread adoption and ethical deployment of such groundbreaking technology.

In essence, Spectral Analytics Precision Tele-Monitoring signifies a monumental leap towards a future where technology and healthcare converge to redefine patient-centric care. Its integration heralds a new era, promising not just advanced diagnostics but a revolution in how we perceive, manage, and prioritize the well-being of individuals in a digitally driven world.



How We Help As The GLOBAL LEADERS IN TELE-MONITORING





www.spectralanalyticsptm.com



OUR VISION

WE HELP SAVE LIVES

To deliver an integrated Tele-Monitoring platform that provides the Pharmaceutical industry with an electronic solution for their clinical study protocols.

Unprecedented Dedication to Improving Patients' Lives.We are committed to continually monitoring patients' health metrics to ensure safety, efficacy, and personalized care.

CONTACT US

www.spectralanalyticsptm.com







www.spectralanalyticsptm.com

MONITOR YOUR HEALTH ANYTIME & ANYWHERE

Take control of your health with our Telemonitoring services. Monitor your vital signs and stay connected. Get real-time insights and personalized care, anytime, anywhere.

UNVEILING THE TAPESTRY OF ARTS AND CULTURE: Anticipated events shaping 2024

BY, CHRISTINA DIARCANGELO

As we step into the new year, the world of arts and culture beckons with a vibrant tapestry of events, exhibitions, performances, and highlights that promise to captivate and inspire audiences worldwide. From the grand stages of renowned theaters to the immersive galleries of contemporary art, 2024 emerges as a year brimming with diverse cultural experiences. Here is a glimpse into the anticipated arts and cultural events set to shape the creative landscape:

1. INTERNATIONAL ART EXHIBITIONS:

VENICE BIENNALE



A celebration of contemporary art, the 59th edition of the Venice Biennale promises an immersive experience highlighting a diverse array of global artistic expressions.

ART BASEL



As one of the world's premier art fairs, Art Basel continues to mesmerize art enthusiasts with its dynamic mix of modern and contemporary artworks across its global editions.

2. THEATRICAL EXTRAVAGANZAS:



2024 heralds the return of classic Broadway productions, including anticipated revivals and new renditions that promise to enthrall theater aficionados.



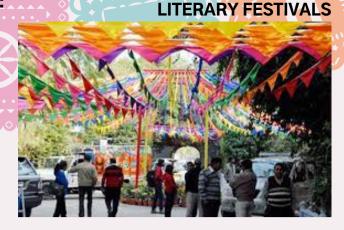
London's West End stages unveil a lineup of spellbinding performances, from musicals to thought-provoking dramas, offering a diverse theatrical experience.

3. FESTIVALS CELEBRATING DIVERSITY:

CARNIVAL CELEBRATIONS



Across various global cities, vibrant carnivals and cultural festivals invite revelers to immerse themselves in a kaleidoscope of traditions, music, and dance.



Literary enthusiasts anticipate gatherings like the Jaipur Literature Festival and Hay Festival, where renowned authors and thinkers converge to celebrate the written word.

4. RENOWNED MUSEUM SHOWCASES:

THE LOUVRE ABU DHABI



With its rich collection spanning civilizations, the Louvre Abu Dhabi hosts captivating exhibitions that bridge cultures and epochs.



inspiring exhibits, delving into diverse artistic legacies and contemporary

METROPOLITAN MUSEUM OF ART

5. CULTURAL HERITAGE CELEBRATIONS:

WORLD HERITAGE SITES



Events spotlighting UNESCO World Heritage Sites offer a glimpse into rich cultural heritage, fostering appreciation for historical significance and preservation efforts.

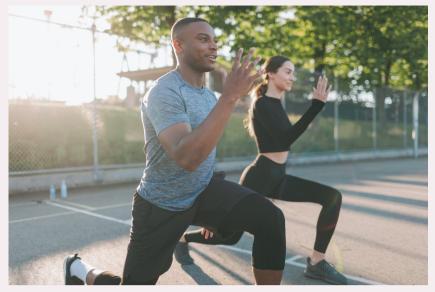


visions.

INDIGENOUS CULTURAL SHOWCASES

Celebratory events honoring Indigenous cultures worldwide create spaces for dialogue, celebration, and recognition of diverse traditions. Amidst the global cultural mosaic, these events epitomize the universal language of art, inviting audiences to embrace diversity, transcend boundaries, and immerse themselves in the myriad forms of human expression. Whether it is the eloquence of a brushstroke, the resonance of a musical note, or the emotive power of a theatrical performance, 2024 beckons with a plethora of experiences that resonate with the essence of our shared humanity. As we traverse the realms of creativity and imagination, these events promise to leave an indelible mark, shaping our collective narrative and fostering a deeper appreciation for the myriad hues of arts and culture.

EMBRACING WELLNESS: HEALTH AND FITNESS TRENDS SHAPING 2024 BY, CHRISTINA DIARCANGELO



In the pursuit of holistic well-being, the world of health and fitness continues to evolve, presenting a diverse array of trends that promise to redefine how we approach our physical and mental vitality in 2024. From innovative workout regimes to mindful wellness practices, this year's trends reflect a collective shift towards a more balanced and sustainable approach to health. Here are the top health and fitness trends anticipated to influence our wellbeing this year:

1. Hybrid Fitness Programs:

Virtual-Physical Fusion: A fusion of virtual and in-person fitness experiences emerges as a prominent trend, offering flexibility and accessibility to diverse workout routines, from online classes to hybrid studio sessions.

2. Mindful Movement and Recovery:

Mind-Body Practices: Incorporating mindfulness into fitness routines gains traction, with practices like yoga, meditation, and tai chi being embraced for their holistic benefits in reducing stress, improving mental clarity, and enhancing recovery.

3. Personalized Wellness and Data-Driven Fitness:

Personalized Fitness Plans: Utilizing technology and data analytics, personalized fitness plans tailored to individuals' specific needs, goals, and biometric data are becoming more prevalent, optimizing workouts for maximal results.

4. Holistic Nutrition and Sustainable Eating:

Plant-Based Diets: The rise of plant-based nutrition continues, with an emphasis on sustainable and environmentally friendly eating habits, promoting health benefits and ethical consumption. Functional Foods: Nutrient-dense foods and ingredients rich in functional benefits, such as adaptogens and superfoods, gain attention for their potential health-boosting properties.

5. Outdoor Fitness and Adventure Workouts:

Nature-Infused Workouts: Embracing the outdoors for fitness gains momentum, with activities like hiking, outdoor yoga, and boot camps offering a refreshing alternative to traditional gym settings.

6. Mental Health Integration:

Emotional Well-being Focus: Mental health intertwines with fitness routines, with a spotlight on workouts and wellness practices that enhance mood, alleviate stress, and promote emotional resilience.

7. Technology-Enhanced Recovery:

Tech-driven Recovery Tools: Advancements in technology bring forth innovative recovery tools like smart recovery devices, compression therapy, and sleep-tracking wearables aimed at optimizing post-workout recuperation.

As we navigate the evolving landscape of health and fitness, 2024 beckons with a comprehensive approach that goes beyond physical exertion. It invites us to embrace wellness as a lifestyle encompassing mindful practices, personalized fitness regimens, and a deep appreciation for the interconnectedness of our mental and physical health. Through these trends, we embark on a journey towards a more balanced, vibrant, and empowered existence, fostering a culture where wellness becomes an integral part of our daily lives, nurturing our bodies and nurturing our spirits.

NAVIGATING THE PATH TO CAREER SUCCESS: EMPOWERING Growth Through Strategic Development

BY, CHRISTINA DIARCANGELO



In the quest for professional fulfillment and advancement, the journey towards career success is often marked by pivotal decisions, skill enhancements, and strategic planning. As the world of work continues to evolve, the importance of career development and strategic guidance becomes increasingly evident. Enterprising individuals seek not just career progression but also valuable insights and guidance to navigate the ever-changing landscape. Here is where the expertise of professionals like Christina DiArcangelo can illuminate the path to career growth and success.

1. Embracing Personalized Career Development:

The pursuit of career excellence necessitates a roadmap tailored to individual aspirations and talents. Personalized career development entails a strategic alignment of skills, goals, and opportunities. Booking a coaching appointment with Christina DiArcangelo offers a bespoke approach to career planning, leveraging her experience and expertise to chart a course customized to your professional ambitions.

2. Strategic Career Planning and Growth:

Strategic planning lies at the core of career success. It involves setting clear objectives, identifying skill gaps, and formulating actionable plans to achieve milestones. Career coaching sessions with seasoned professionals like Christina DiArcangelo provide insights into industry trends, leadership strategies, and effective networking, empowering individuals to navigate career trajectories strategically.

3. Skill Enhancement and Professional Advancement:

Continuous skill enhancement is vital in today's competitive landscape. Career coaching sessions offer guidance on skill development, whether in leadership, communication, or industry-specific expertise. With Christina DiArcangelo's expertise, individuals gain access to insights and strategies to enhance their professional skill set, elevating their value in the job market.

4. Personal Branding and Networking:

Building a strong personal brand and fostering meaningful connections are indispensable elements in career progression. Expert guidance from Christina DiArcangelo can unlock techniques for effective personal branding, networking strategies, and cultivating a professional presence that resonates with industry peers and potential employers.

5. Embracing Leadership and Entrepreneurial Mindsets:

For aspiring leaders and entrepreneurs, career coaching sessions offer mentorship in developing leadership qualities, fostering an entrepreneurial mindset, and navigating challenges in business endeavors. Christina DiArcangelo's expertise provides invaluable guidance on leadership skills and entrepreneurial endeavors, paving the way for success in leadership roles or entrepreneurial ventures.

In a dynamic professional landscape, investing in career development and guidance is a testament to one's commitment to growth and success. Booking a coaching appointment with a seasoned professional like Christina DiArcangelo opens doors to tailored guidance, strategic insights, and personalized strategies, empowering individuals to navigate their careers with clarity, confidence, and purpose. It is not just about achieving career milestones; it is about crafting a fulfilling, purpose-driven career journey.

NURTURING OUR PLANET: EMBRACING ENVIRONMENTAL AWARENESS AND SUSTAINABILITY FOR A BETTER TOMORROW

BY, CHRISTINA DIARCANGELO



In an era marked by environmental challenges and a growing consciousness of our planet's fragility, the call for environmental awareness and sustainable practices resonates louder than ever. As stewards of the Earth, our collective responsibility towards fostering a sustainable future demand concerted efforts and a deep-rooted commitment to environmental conservation. Let us embark on a journey of understanding, action, and advocacy for environmental awareness and sustainability.

1. Embracing Conscious Consumerism:

At the heart of sustainability lies conscious consumerism – making informed choices that minimize environmental impact. It involves supporting eco-friendly products, reducing waste, embracing reusable alternatives, and being mindful of the environmental footprint of our purchases.

2. Advocating for Renewable Energy:

Transitioning towards renewable energy sources plays a pivotal role in mitigating climate change. Championing the adoption of solar, wind, and other renewable energy sources, as well as supporting policies that promote clean energy initiatives, fosters a sustainable energy future.

3. Promoting Biodiversity and Conservation:

Preserving biodiversity is integral to maintaining a balanced ecosystem. It involves safeguarding habitats, supporting wildlife conservation efforts, and advocating for measures that protect endangered species, thereby nurturing the diversity of life on our planet.

4. Reducing Carbon Footprint:

Addressing climate change necessitates reducing our carbon footprint. This entails minimizing energy consumption, practicing eco-friendly transportation, and embracing sustainable practices in industries to curb greenhouse gas emissions.

5. Raising Environmental Awareness:

Educating and raising awareness about environmental issues is instrumental in fostering a culture of sustainability. Through community initiatives, educational programs, and advocacy campaigns, we empower individuals to become catalysts for change and advocates for the environment.

6. Embracing Circular Economy Practices:

Transitioning towards a circular economy model encourages recycling, reusing, and repurposing resources to minimize waste generation. Promoting circularity in production and consumption patterns minimizes environmental degradation and fosters resource efficiency.

7. Corporate Responsibility and Green Practices:

Businesses play a pivotal role in driving sustainability. Encouraging corporate responsibility, implementing eco-friendly practices, and adopting sustainable supply chain strategies contribute significantly to environmental preservation.

8. Advocating for Policy Change and Environmental Justice:

Advocacy for policies that promote environmental justice and equitable access to a clean environment is crucial. Supporting initiatives that address environmental inequalities and empower marginalized communities in environmental decision-making fosters a more sustainable and just society.

In embracing environmental awareness and sustainability, we acknowledge our role as custodians of our planet. Each action, no matter how small, contributes to the larger movement towards a greener, healthier, and more sustainable world. Let us stand united in our commitment to safeguarding our environment for present and future generations, fostering a legacy of environmental stewardship and sustainability.

UNVEILING ELEGANCE: FASHION TRENDS AND THE GLAMOROUS ART OF FALSE EYELASHES BY SPARKLE SISTERS



BY, CHRISTINA DIARCANGELO

Fashion enthusiasts continually seek innovative ways to elevate their style, and in the realm of beauty, a captivating trend is redefining allure – the art of false eyelashes. Amidst a sea of cosmetic choices, the elegance and allure of false eyelashes crafted by Sparkle Sisters emerge as an indispensable accessory, accentuating the eyes and adding a touch of glamour to one's ensemble. Let us delve into the evolving fashion landscape and explore the allure and artistry behind Sparkle Sisters' false eyelashes.

1. Fashion Fusion and Expressive Glamour:

In the world of fashion, every detail counts. False eyelashes have transcended being merely an accessory; they have become a statement of elegance and expression. Sparkle Sisters' creations blend seamlessly with evolving fashion trends, offering a fusion of style and expressive glamour to enhance any look.

2. Versatility and Personalized Style:

The allure of Sparkle Sisters' false eyelashes lies in their versatility. With a myriad of styles, lengths, and volumes, these lashes cater to diverse preferences, allowing individuals to curate personalized looks that range from subtle sophistication to bold and dramatic, reflecting their unique style. You can catch Christina DiArcangelo on the red carpet or in business meetings wearing the Sparkle Sisters' eyelashes.



3. Quality Craftsmanship and Eye Enhancement:

Crafted with precision and a commitment to quality, Sparkle Sisters' false eyelashes are designed to accentuate natural beauty. Whether enhancing everyday elegance or adding allure to special occasions, their lashes exude sophistication, comfort, and a flawless finish.

4. Embracing Confidence and Empowerment:

Beyond their aesthetic appeal, false eyelashes symbolize confidence and empowerment. Sparkle Sisters' creations empower individuals to embrace their beauty with poise, providing a subtle yet impactful enhancement that amplifies confidence and self-assurance.



5. Celebrating Individuality and Redefining Beauty Norms:

In a world that celebrates individuality, false eyelashes by Sparkle Sisters embody inclusivity and the celebration of diverse beauty. From enhancing eye shapes to challenging traditional beauty norms, these lashes embrace the uniqueness of every individual, inviting all to express themselves boldly and authentically.





6. Bridging Fashion and Beauty:

The allure of Sparkle Sisters' false eyelashes lies in their ability to seamlessly bridge the realms of fashion and beauty. Complementing runway trends, red carpet glamour, and everyday chic, these lashes effortlessly accentuate one's style, embodying elegance, and sophistication.

In the tapestry of fashion trends, Sparkle Sisters' false eyelashes emerge as an exquisite accessory, transcending trends to become an essential element in the pursuit of elegance and glamour. As we navigate the evolving landscapes of beauty and fashion, these lashes stand as a testament to the artistry and allure that enhance and celebrate individual beauty. Whether adorning for a special occasion or embracing everyday elegance, Sparkle Sisters' false eyelashes add an element of grace, confidence, and allure to every glance. The eyelashes can be purchased at: www.sparklesisters.co







THE DIARC MAGAZINE IS NOT JUST A PUBLICATION; IT IS AN EXQUISITE TAPESTRY WEAVING TOGETHER STORIES OF ELEGANCE, INNOVATION, AND SOPHISTICATION. BEING FEATURED IN OUR ESTEEMED MAGAZINE IS NOT MERELY AN OPPORTUNITY; IT IS AN INVITATION TO HIGHLIGHT YOUR JOURNEY, CELEBRATE YOUR SUCCESS, AND AMPLIFY YOUR UNIQUE NARRATIVE TO A DISCERNING AUDIENCE.

WHY SHOULD YOU OR YOUR ESTEEMED COMPANY BE A PART OF THE DIARC MAGAZINE? BECAUSE HERE, WE DO NOT JUST SHARE STORIES; WE ILLUMINATE THEM. WE PROVIDE A PLATFORM THAT TRANSCENDS MERE FEATURES – IT IS A SHOWCASE OF ELEGANCE, A CELEBRATION OF ACCOMPLISHMENT, AND AN OPPORTUNITY TO CONNECT WITH A GLOBAL AUDIENCE CAPTIVATED BY SOPHISTICATION AND STYLE.

EMBRACE THE OPPORTUNITY TO CAPTIVATE, INSPIRE, AND BE A PART OF AN EXCLUSIVE COMMUNITY THAT CELEBRATES EXCELLENCE. CONTACT US TODAY AT

INFO@CHRISTINADIARCANGELO.COM AND DISCOVER HOW THE DIARC MAGAZINE CAN ELEVATE YOUR STORY, UNVEILING IT TO THE WORLD IN AN UNPARALLELED, SOPHISTICATED FASHION. JOIN US AND WITNESS YOUR NARRATIVE TRANSFORMED INTO AN EXQUISITE TAPESTRY OF ELEGANCE AND ALLURE.

