

THE SCOOP

MSET-TX

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Motorcycle Special Events Team of Texas



3 M 1/2 Marathon

The 3 M 1/2 Marathon has always been a fun and exciting event for us on the Motorcycle Special Events Team. It is an amazingly large event. To quote a participant of this years event: "This event is far bigger and far better orchestrated than I had ever imagined." Brad T. Sauer, Executive Vice President, Electro & Communications Business 3M Austin Center has stated about the event: "...it was awesome!" I am going to have to agree with both of them. Our MSET team was present all along the

course and at the medical tent located in the finish line area. Dedicated volunteers recruited through the Corporate First Responders group rendered valuable aid to the runners at stationary points such as the water stops, while our motorcycle medics and communications staff monitored the route in between the stops. Aid was given to one runner who required transport to the local trauma cent with a non-life threatening injury. One of our teams were first on the scene.

Texas Rollergirls 2004

Do not miss the first game on February 22nd, 2004 at Playland Skate Center. Doors always open at 6 p.m.

The 2004 Season Calendar:

Feb. 22	March 28
April 25	May 23
June 27	July 25
August -	OFF
Sept. 26	Oct. 24

Visit www.txrollergirls.com for other events and always cool happenings with the one and only Texas Rollergirls.

Central Texas Storm Spotters

Granted, we have not reached the 2004 spring storm season yet, but we need to be ready. In addition, we need new members in many areas of Texas that have an interest in weather, and would like to help the cause of CTSS. Amateur Radio clubs as well as serious storm spotter groups need to be involved in order for the ultimate goal of coordination between different areas of Texas. From the Big Country of Abilene to the Texas Gulf Coast, from San Angelo and Junction to the Piney Woods of East Texas, from Lake Texoma to San Antonio and beyond... Everyone is needed.

(continued on page 7)

Motorcycle safety tips

In an average year 166,000 Americans will be hospitalised as a result of a motorcycle accident. 4,700 of them die. Many others will be crippled for life. In some countries the death rate for motorcyclists is up to nine times higher than that for persons riding in a car. Why is this the case? Three primary reasons have been identified:

- (1) A motorcycle is harder to see than a car
- (2) A motorcycle offers little or no protection for its rider
- (3) A motorcycle's handling is tricky – if it skids, it often spills.

It's not surprising, then, that many people consider motorcycles to be dangerous. Yet, motorcycles do have definite advantages. The fuel economy is hard to overlook, with 60 to 70 miles being achieved from one gallon of fuel. Bikes are easy to manoeuvre, they allow ease of parking and they cost less than a car. Not to be overlooked is the thrill that comes from riding a bike. The sense of freedom and the feeling of control are difficult to emulate in a car. Here's how one rider puts it, " It's exciting to feel that machine beneath you, to know that it will answer to your every whim or direction, to lean into curves and know that it will carry you to your destination reliably."

So, how can you have the best of both worlds? How can you enjoy the speed, freedom and excitement of riding a motorcycle while, at the same time, reducing the very real risk

of injury? As with most things, a little common sense goes a long way here. Treat the bike (potential killing machine that it is) with respect and you will be able to enjoy it without mishap. Specifically, you should adhere to the following points:

- (a) Ride with Extreme Care. Steering, accelerating and braking require skill and a high degree of coordination.
- (b) Avoid the centre of the Lane. That is where debris and oil droppings from cars accumulate
- (c) Wear a Proper Outfit. Always wear a helmet. Gloves, a jacket and boots will also protect you.
- (d) Ride with your Headlight On. If permitted by traffic laws, do this even in daytime. It will make you more visible to other motorists.
- (e) Apply Reflective Tape to your Helmet. This makes you more visible at night.
- (f) Drive Defensively. Do not expect that car drivers will give you the right-of-way.
- (g) Never ride a motorcycle while under the influence of alcohol or drugs.

Maintain your bike regularly. Make sure the brakes are in order. Do routine chain and engine checks before taking the bike out for a spin.

- ❖ Apply these simple, common sense suggestions and you can safely enjoy the sense of freedom and the feeling of control that can only come from riding a motorcycle.

Aspirin does not heal the underlying problem causing the pain (i.e., the wound itself)

How does aspirin reduce pain?

Chemically, aspirin is known as the compound *acetylsalicylic acid* (ASA). It fights pain and inflammation by blocking the enzyme called *cyclooxygenase*, or COX. When this enzyme is blocked, the body is less able to produce **prostaglandin**, which is a chemical that signals an injury and triggers pain. For example, if a person bumps his or her head, the damaged tissue in the head releases

chemicals to help the person feel that pain. Some of these chemicals are prostaglandins. Therefore, blocking their production will lessen the pain felt from an injury or body ache. Aspirin does not heal the underlying problem causing the pain (i.e., the wound itself), but it can help reduce the number of pain "alerters" traveling through the nerves to the brain.

February 13th: - Licks and Kicks with The Texas Rollergirls
Friday the 13th could be your lucky day! Help us celebrate Valentine's Day, the beginning of our second season, the debut of our season tickets, and the power of metal (yeah, dude!) at Cheapo Discs.
Date: Friday, February 13
Time: 6:00 - 10:00 p.m.
Where: Cheapo Discs, 914 North Lamar

MORSE CODE

----- -.-. -----

A = .- B= -...
C = -.- D= -..
E = . F= ..-
G = -- H=
I = .. J= .---
K = -.- L= -..
M = -- N= -.
O = --- P= -.-
Q = --- R= -..
S = ... T= -
U = ..- V= ...-
W = -.- X = -.-
Y = -.- Z = -.-

0 -----
1 -----
2 -----
3 -----
4 -----
5 -----
6 -----
7 -----
8 -----
9 -----

Fullstop=.-.-.-
Comma=-.-.-
Query=..--..

There are a number of websites where one can go to learn Morse code, buy equipment, or just have fun with it. Start at: www.austinhams.org

It may be thought by some that code is on it's way out, but I doubt that it will ever totally disappear from use or need. Ray MSET103

The Lower Colorado River Authority (LCRA)
Another way they are serving our communities

TELECOMMUNICATIONS SERVICES TO TEXAS COMMUNITIES

LCRA offers low-cost, reliable telecommunications services to its business units. When constructing these telecommunication facilities, LCRA also may provide the interim reserve capacity to its customers, communities and other nonprofit organizations in its service territory.

LCRA implemented a 900-megahertz (MHz) trunked radio communications system for use throughout Central Texas. The system was intentionally built with enough capacity to make it available to public sector groups, providing clear reliable communications throughout LCRA's service territory.

The following describes the telecom services LCRA offers: **Radio** In 1997,

(Continued on page 4)

American Red Cross List of 2003's Highest Impact Disasters

Austin, Texas, December 17, 2003 – During a year of headlines filled with raging wildfires, devastating tornadoes, damaging hurricanes, and relentless floods, Central Texas was plagued more with fires than any other disaster.

Family fires remains as the primary response for the American Red Cross of Central Texas. Of the 190 incidents the local Red Cross responded to in 2003, 184 of them were fires.

<u>Incident Type</u>	<u># of Incidents</u>	
<u>Families Assisted</u>		
Fires	184	202
Other	6	2
Total	190	204

Dates: 1/01/2003 – 12/16/03

The trend is the same on a national basis, as fires lead the top five American Red Cross disaster responses for 2003:

1. Fires — single-family, multiple-family fires, and wildfires (continually)
2. Multiple-state Tornadoes (Alabama, Arkansas, Georgia, Illinois, Kansas, Mississippi, Missouri, Ohio, Oklahoma, Tennessee, May 2003)
3. Southern California Wildfires (October-November 2003)
4. Hurricane Isabel (Delaware, District of Columbia, Maryland, New Jersey, North Carolina, Virginia, West Virginia, September 2003)
5. Hurricane Claudette (Texas, July 2003) (Continued on page 9)

House Fires Lead local and national American Red Cross List of 2003's Highest Impact Disasters

JERRY'S
Home appliance service
Over 30 Years
Experience
Servicing Home, Laundry
& Kitchen Appliances
415-7304
JERRY HENRY
OWNER

LCRA (CONTINUED FROM PAGE 3)

More than 20 cities, counties and public organizations use LCRA's system. Among the customers: the cities of:

New Braunfels and San Marcos, Bluebonnet Electric Cooperative and Capital Metro.

Here are some details about LCRA's trunked radio system:

* It can handle 12,000 mobile radios (able to upgrade to 40,000) and is capable of both voice and data transmission.

* It has a data rate of 9,600 bits per second (bps). It is spectrally

efficient at 12.5 kilohertz (kHz) and can migrate to 6.25 kHz. The spectrum usage meets all current and proposed Federal Communications Commission requirements.

* Its mobile coverage is 95 percent within the Colorado River basin and 90 percent elsewhere in Central Texas, providing reliable mobile communications throughout the region.

(Continued on Page 6)

The Motorcycle Special Events Team of Texas is a nonprofit community service organization under IRS Sec. 501C3 contributions are tax deductible to the extent permitted by law.
www.mset-tx.org

Your score on this self-test is not as important as the fact that it could help solidify your knowledge of diabetes and maybe even teach you something you didn't know about this very important topic. To complete the self-test, simply click on the most correct answer for each question and then click "OK." You will immediately be given the correct answer and additional information about that topic. Your final score will be given at the end of the self-test, along with some links to additional information. After reading that additional information, we recommend that you re-take the quiz. Good luck!

Note: This quiz consists of 8 questions.

DIABETES QUIZ

Q1. Diabetes is a condition in which the body either lacks enough insulin or lacks the ability to use insulin properly.

- True
- False

Q2. The two main types of diabetes are:

- Type 1 (or "Type I") diabetes and Type 2 (or "Type II") diabetes
- Class A diabetes and Class B diabetes
- Good diabetes and Bad diabetes
- None of the above

Q3. The main risk for developing Type 2 diabetes is being underweight.

- True
- False

Q4. Which of the following best describes the risk of "hardening of the arteries" (atherosclerosis) for diabetics vs. non-diabetics?

- Diabetics are half as likely to be diagnosed with atherosclerosis
- Diabetics are equally likely to be diagnosed with atherosclerosis
- Diabetics are twice as likely to be diagnosed with atherosclerosis
- Diabetics are up to six times as likely to be diagnosed with atherosclerosis

Q5. Diabetics should not eat any sugar.

- True
- False

Q6. Which of the following is *not* necessary when diabetics are preparing to exercise?

- Type I diabetics should choose an area other than the leg for injecting insulin if they are about to run or "power walk"
- All diabetics should wear proper shoes and socks
- All diabetics can use deodorant but should avoid antiperspirant
- All diabetics should have an exercise partner, snacks and medical I.D. on hand

Q7. Exercise is important for both short-term management of diabetes and long-term survival.

- True
- False

Q8. According to the National Heart, Lung and Blood Institute (NHLBI), the ideal treatment for diabetics with several blocked coronary arteries is:

- Heart transplantation
- Bypass surgery
- Angioplasty/stenting
- A pacemaker

ANSWERS ON PAGE 8

If there is a subject that you would like to see in The Scoop in the form of a quiz, please email me at ray@mset-tx.org. If there is any topic or subject you would like to read more about in The Scoop, email me at the above. Ray MSET 103



LCRA (Continued from Page 4)

Optical fiber and microwave

The majority of LCRA's administrative and operational facilities are connected via a transport system comprised of fiber optic cable and digital microwave. The fiber optics are installed along transmission line routes from Buchanan Dam, through Austin, to the Fayette Power Project near LaGrange.

A fiber route also runs from Austin to a substation in Schertz, just north of San Antonio. These fiber routes are then connected with digital microwave to provide the communications backbone necessary to conduct LCRA's day-to-day business.

Telecom community development

LCRA Telecommunications Services offers community network initiatives, including application assistance for technology grants, assistance in developing and maintaining wide-area community networks and helping develop partnerships to deploy broadband services.

Telecom services

LCRA has the authority to offer the following services to its wholesale customers and nonprofit groups:

- * Mobile radios
- * Fiber optics
- * Microwave tower lease
- * Community networking assistance
- * Engineering services

In addition, fiber optic services and microwave tower leases are available to for-profit entities.

For additional information, contact the [LCRA telecom team](#) at 1-800-776-5272.

LCRA recently assisted two Hill Country communities receive wireless Internet service. In 2001, students, teachers and administrators at Marble Falls public schools began receiving free high-speed Internet service through an agreement between Marble Falls-based [Zeecon Wireless Internet LLC](#) and LCRA. LCRA agreed to lease fiber on its network and radio tower space to Zeecon in exchange for Zeecon providing free Internet access to the Marble Falls Independent School District.

In a similar agreement in March 2002, LCRA agreed to lease fiber and offered free radio tower space to Zeecon in exchange for providing free Internet access to the Dripping Springs Independent School District, the Dripping Springs Community Library District and the Hill Country Senior Citizen Activity Center.

LCRA Telecommunications Services offers community network initiatives, including application assistance for technology grants, assistance in developing and maintaining wide-area community networks and helping develop partnerships to deploy broadband services.

ARMED FORCES EMERGENCY SERVICES CASEWORK SUPPORT

Purpose: To provide daytime casework support for members of the armed forces and their families applying for financial assistance or emergency communication service.

Key Responsibilities: Serve as the liaison between clients and the Armed Forces Emergency Services Center

Help clients complete and process Military Aid Society referral and financial assistance forms
Provide general office and clerical support in main reception area.

Supplies: Forms

ARC 6711

ARC 5373

ARC 2276

Appointed By:

Kris Looney

Reports To:

Kris Looney

Time Commitment:

Any day of the week (except weekends)

Shift 1

*8:30 a.m. to 1:00 p.m.

Shift 2

*12:30 p.m. to 5:00 p.m.

Qualifications:

Required

*New Volunteer Orientation

Training Opportunities

*Introduction to Case

Management

*Art of Helping

*Basic Casework

*Access to Financial

Assistance

Opportunities to Grow and Help Others!

Please contact:

nguyen@centex.redcross.org or
(512) 929-1225 for more
information.



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650 Canon St.

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milleruniforms@austin.rr.com

Want all your Valentine's Day dreams to come true? Make your way to our Texas Rollergirls Kissing Booth for a big ol' smackeroo. It's just \$1 to pucker up for a smooch from the toughest and prettiest girls in Austin.

We'll also be selling season tickets for the first time. Be one of the first 25 fans to buy a season ticket, and you'll get a special Rollergirl goody bag stuffed with exclusive TXRG goodies made by the Rollergirls themselves.

You know, Rollergirls love head banging (the other teams' helmets against the floor) and loud music. We've got Speedloader and two other kick-ass metal bands lined up to rock you out.

Nothing says Valentine's Day like heavy metal and the Texas Rollergirls. (OK, most people think of hearts, flowers, and chocolates, but the Texas Rollergirls and our bad ass fans are not 'most people.') Texas Rollergirls love hurts (but in a good way).

Central Texas Storm Spotters
Training Nets:

Tuesday Evenings at 7:00 pm
Central Time

145.330/-, 162.2 PL Tone &
444.875/+, 88.5 PL Tone

EchoLink KC5YVU-L, Node
#28689

Come and join us!

EDUCATION

The Link Between Terrorism & All-Hazard Preparedness By Steven Kuhr

Recently there has been an increasing trend in media activity regarding emergency management and personal preparedness. America was changed on September 11, 2001. Now with people becoming more conscious of the possibility for more terrorist activity, the "war on terrorism", and the ongoing potential war in the Middle East and elsewhere, citizens' concerns regarding national security are on the rise. These logical concerns pose an opportunity for emergency managers- the opportunity to educate the masses in simple precautionary steps they can take in order to regain a critical sense of control in their lives: personally, at home, in their communities and in the workplace for terrorism as well as natural hazards and other emergencies. The opportunity for emergency managers to finally be heard on a grand scale in educating people in the process of preparing

for, mitigating, responding to and recovering from emergencies is here. We now have an increased responsibility to spread the message of preparedness, at the same time extracting the fact from the fear. The more people become aware of the processes they can take to become prepared, the more control they will feel over their environment and their lives.

The key element in emergency preparedness is education. Without education, the best-conceived plans would not work. Luckily, there are resources available in order to facilitate this process. Emergency management is a dynamic process that not only involves planning, but also training, conducting drills and exercises, testing equipment and coordinating activities within and between government and private organizations as well as the community. (Continued on Page 9)

Central Texas Storm Spotters

(Continued from cover)

The time will eventually come when a large portion of Texas will be affected by significant weather, as well as other potential threats to our part of the world. Have you thought about what might happen?

Your thoughts are important to CTSS as to what the organization should do as we move forward. Remember, this is a different (and a bit radical) concept as far as coordinating weather reporting and passing along health and welfare traffic, and coordinating resources should a significant event occur.

Everyone is needed for this concept to succeed.

Tell others about CTSS, and tell them that we need their help. For the current members (on the mailing list and otherwise), CTSS needs your input, your ideas, and your continued support. Let's be ready for the 2004 spring storm season in good order.

Warren Rowe / KM5EW

Founder & Northern Coordinator, CTSS
/ KD5ZDO

Moderator, CTSS / Yahoo! Groups
Temple, Texas

A1.

The correct answer is True
Normally, the body's tissues absorb blood sugar (glucose) with the help of a hormone called insulin. Unless the body has enough insulin and the ability to use insulin properly, glucose will simply build up in the bloodstream and then get flushed from the body in the urine, rather than go into the cells to feed them. Therefore, people with untreated diabetes may have dangerously high blood sugar levels.

A2.

The correct answer is Type 1 (or "Type I") diabetes and Type 2 (or "Type II") diabetes
Type 1 diabetes is a condition in which little or no insulin is produced by the pancreas (an organ next to the stomach). Type 2 diabetes is much more common than Type 1 diabetes. Patients with Type 2 diabetes do manufacture insulin, sometimes even more so than necessary, but for some reason their bodies reject and/or do not detect it, resulting in what the body perceives as a deficiency.

A3.

The correct answer is False
The main risk for developing Type 2 diabetes is being overweight/obese. Because increasing numbers of American children are being identified as overweight/obese, increasing numbers of American children are also being diagnosed with Type 2 diabetes

A4.

The correct answer is Diabetics are up to six times as likely to be diagnosed with atherosclerosis
Atherosclerosis (hardening of the arteries) is a leading contributor to heart disease, and is up to six times more common in diabetics than in non-diabetics. Diabetes can interfere with circulation in both large and small blood

vessels, and about two-thirds of all diabetic patients die from some form of heart or blood vessel disease.

A5.

The correct answer is False
Although diabetics were once told to eat almost no sugar, modern research suggests that most diabetics can eat sugar in the same, moderate amounts that all people are encouraged to eat. Diabetics simply need to plan ahead and adjust insulin/medication as recommended by their physician.

A6.

The correct answer is All diabetics can use deodorant but should avoid antiperspirant
There is no reason why all diabetics would need to avoid antiperspirant. All of the other precautions are true: diabetics should have an exercise partner, bring snacks, wear a medical I.D. and (if a Type I diabetic) inject insulin somewhere other than the leg before running or "power walking." They should also wear proper shoes and socks because they need to take particularly good care of their feet.

A7.

The correct answer is True
Exercise is vitally important for all diabetics. Not only can exercise improve the body's ability to use insulin, but one study also found that high-risk patients with Type 2 diabetes who did not exercise were seven times more likely to die of a heart attack than those who did exercise.

A8.

The correct answer is Bypass surgery
The NHLBI concluded that the ideal treatment for diabetics with several blocked arteries is bypass surgery. However, research in this area is still ongoing.

(continued from page 4)

This ranking was determined based on number of families assisted, severity of damage to residences, aggregate totals of Red Cross disaster services provided, and the costs of providing that relief.

Your help is needed to ensure that the American Red Cross of Central Texas can be there wherever and whenever disaster strikes. Please make a donation today by calling (512) 928-4271 or visit www.centex.redcross.org <<http://www.centex.redcross.org>> to make a secure online credit card donation.

The American Red Cross is dedicated to helping make families and communities safer at home and around the world. American Red Cross assistance is available 24 hours a day, 365 days a year for emergency and disaster-caused needs.

The local Red Cross serves the counties of Bastrop, Burnet, Caldwell, Hays, Lee, Llano, Milam, Travis, and Williamson. For more information on the American Red Cross or volunteering please call the American Red Cross at (800) or (512) 928-4271, email us at mail@centex.redcross.org or look on-line at www.centex.redcross.org.

Vinh Nguyen
Volunteer & Customer Service Manager
American Red Cross of Central Texas
2218 Pershing Drive
Austin, TX 78723
Telephone Direct: (512) 929-1225
Telephone Toll Free: (800) 928-4271
Fax: (512) 928-2816

American Heart Month

As part of American Heart Month, Friday, February 6th is *National Wear Red Day*.

A day to raise awareness about heart disease, the No. 1 killer for women as well as men.

February 20 - Texas Rollergirls Pep Rally
Who needs cheerleaders when you've got Texas Rollergirls?! Help us make some noise to kick off our second season. Date: Friday, February 20
Time: 9:00-11:00 p.m. (pep rally) Where: Beerland (aka, TXRG Clubhouse)

Personal, family and community emergency preparedness

Continued from Page 7)

The use of community, volunteer, private sector and government resources is instrumental in establishing mitigation, preparedness, and response and recovery programs. Communities need to learn to organize themselves during the first 72 hours, a community preparedness standard which has its roots in earthquake and hurricane prone regions. Through proper emergency planning, people can become aware of and identify hazards that could affect their communities. Community residents and business owners alike

should learn how to prepare disaster supply kits, conduct emergency planning for residents, employees, and people with disabilities, learn how to locate and evacuate to a shelter or shelter in-place, and conduct contingency planning for their families including pets. In addition, people can become active in safeguarding their neighborhoods and communities through FEMA's Citizen Corps and community emergency response team (CERT) training programs.
(Continued in the March 2004 Scoop)



STARBUCKS.CO

The Manager (Dorris Loftin) of the Starbucks store at:
Arboretum Market
9722 Great Hills Trail
Austin, Texas 78759
(512) 346-4527
Has graciously agreed to donate Coffee, Cups and amenities for the Landing Zone Class on Feb. 14th 2004, to be held at the Shoreline Christian Center
This store has wireless Internet access available.



**P.O. Box 40452
Austin, TX. 78704**

**Phone:
512-892-0875 or
512-307-8301
Digital Pager**

**E-Mail:
ray@mset-tx.org**

We're on the Web!

See us at:

www.mset-tx.org

**MOTORCYCLE
SPECIAL EVENTS
TEAM OF TEXAS
P.O. Box 40452
AUSTIN, TX. 78704**

MSET-TX MOTORCYCLE SPECIAL EVENTS TEAM-TEXAS

MSET-TX is a volunteer organization of motorcycle riders and support personnel specifically organized to provide radio communications and mobile medical support for a variety of events.

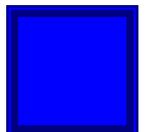
MSET-TX is a registered Corporate First Responder (CFR) group with Austin/Travis County EMS (A/TCEMS). MSET-TX is the only mobile CFR in Travis County. We are viewed by one Commander of A/TCEMS as his favorite because of our mobility, level of training, and communications skills. We also maintain a very close relationship with Austin Police Department, and Travis County Sheriff's Department.

MSET-TX has both, medical certified and non-medical members. All non-medical personnel have passed Basic Life Support training and are used as support of medically certified staff in treatment of more critical medical situations. Nearly all of our members are Landing Zone (LZ) qualified, meaning we know how to select and prepare a helicopter LZ if **STARFLIGHT** or another similar helicopter service is needed.

All MSET-TX members are licensed Amateur Radio Operators. MSET-TX is the only CFR authorized to contact A/TCEMS directly via radio.

MSET-TX boasts nearly 20 members. Nearly all ride motorcycles. Those not on motorcycles provide valuable support by relaying communications between our motorcycle riders and whoever they need to communicate with; EMS, Police, Event Coordinator(s), or other volunteers. They also carry extra equipment and supplies for the motorcycle team.

MSET-TX has provided communications and medical support for various events around the State of Texas for a number of years. Events include the MS150 Houston to Austin bike ride, Shiner BASH (Bike Austin, San Antonio, Houston), Lance Armstrong Foundation, Juvenile Diabetes Foundation, and many others. A more complete list can be seen on our web site <http://www.mset-tx.org>



COMPANY NAME

Street Address

City, State 00000