

Cabrillo High School HEALTH Class Syllabus

Coach Rosson Rosson.kari@lusd.org



INTRODUCTION

Health Education is a required part of the California State school graduation requirements. Health Education is a comprehensive health education class that promotes healthy students in the school, home, and community environment. The involvement of school staff, community agencies, and parents in incorporated to help students achieve a high level of wellness. I am committed to help all students gain an appreciation of the lifetime benefits of perusing healthy living through activity, wellness appreciation, and social interaction.

COURSE OBJECTIVES

In this course students will develop their knowledge of concepts and skills that influence health promotion and disease prevention. Students will practice skills in communication, decision making, refusal, and goal setting along with evaluation facts and forming conclusions about health and engaging in a positive attitude about health information and related issues.

SEQUENCE OF TOPICS

The course covers 8 major national health standards. These are to include decision making, communication skills, and goal setting. The course also covers tough issues such as disease prevention, drugs and human sexuality. Chapter 1-2: A Healthy Foundation, Chapter 3: Mental and Emotional Health, Chapters 6/8: Healthy a Safe Relationships, Chapter 10-11: Nutrition and Physical Activity, Chapter 20-22: Tobacco, Alcohol and Illegal Drugs, Chapter 16: Reproductive Health, Chapters 23-25: Disease and Sexually Transmitted Diseases, Chapters 26-27: Safety and Environmental Health.

ASSIGNMENTS/PROJECTS

 Health book chapters will be instructed by a power point presentation in conjunction with a chapter packet of lessons to be completed by the student in class. Packets are due on or before the chapter test. The day after the test students will receive half credit. No late work will be accepted afterwards, unless you are absent.

Research projects will be assigned in the technology lab. Information will be researched and presented in power point.
 The assignment will need to be printed and submitted to the teacher. Subjects to include: Goal Setting (Chapter 2),
 Physical, Mental /Emotional, and Social Health (Chapter 3), Tobacco (Chapter 20), and Alcohol (Chapter 21).

PROGRESS MONITORING

All grades will be determined on a semester basis. Progress report grades are posted every 6 weeks.

A = 89% - 100%

B = 79% - 88.9%

C = 69% - 78.9%

D = 59% -68.9% (in danger of failing)

F = 58% and below

Chapter-Lesson Packets 50%. Worksheets, video reviews, and chapter vocabulary review.

Tests – 30%. Chapter tests will be used to evaluate the student's cognitive knowledge of the health information reviewed.

Power Point Assignments 10%. Group or individual research using technology resources.

Warm Ups 10%. Daily questions to support chapter lessons and will be used for extra credit questions on the chapter tests.

Final Exam: A final exam will be administered during finals and will be 100 questions multiple choice on a Scan-tron answer sheet on all health chapters during the semester.

Binder: As an extra credit opportunity, students can earn credit by keeping an organized sectional binder in the following format; Syllabus, Alma Mater, Warm Ups, Packets, Tests, and Reports/class handouts.

Grades will be updated on a weekly basis and posted on Monday in the classroom and on "Q" (Zangle) for viewing. I expect the assigned work to be completed on the posted due dates, unless student is absent.

Apex World History Semester 1 Answers

BookCaps Study Guides Staff

Apex World History Semester 1 Answers:

Goyal's ICSE History & Civics Question Bank with Model Test Papers For Class 10 Semester 2 Examination 2022 Goyal Brothers Prakashan, 2021-12-01 CISCE's Modified Assessment Plan for Academic Vear 2021 22 Reduced and Bifurcated Syllabus for Semester 2 Examination Chapterwise Summary and Important Points Chapterwise Question Bank having all varieties of expected Questions with answers for Semester 2 Examination to be held in March April 2022 Specimen Question Paper Solved for Semester 2 Examination issued by CISCE 5 Model Test Papers based on the latest specimen guestion paper issued by CISCE for Semester 2 Examination to be held in March April 2022 Goyal Brothers Prakashan The Big Book of Home Learning Volume 1 Getting Started Mary **Instructor and Teachers World** ,1928 Pride,2000-09 The Publishers Weekly ,1963 Books in Print ,1962 **Presbyterian** NASSP Newsletter ,1972 Composition And/or Literature Linda S. Bergmann, Edith M. Baker, 2006 **Survey** ,1969 AP World History Mark Bach, 2009-01-28 Getting ready to tackle the AP World History exam Let REA put the world at your fingertips REA s World History flashcards offer AP students a fast and fun way to study for the exam Filled with 400 must study Advanced Placement World History questions and detailed answers this Premium Edition Flashcard Book helps you pinpoint your strengths and weaknesses so you can build your subject knowledge The multiple choice questions mirror the actual AP exam format and are chronologically ordered to cover all topics found on the AP World History exam A handy index lets you look up a particular subject area and review a specific historical time period This Premium Edition includes four test readiness guizzes and five world history timelines on CD Unlike most flashcards that come loose in a box our flashcards are bound in an easy to use organized book format These innovative flashcards are designed so students can write their answer to a question on the front of the card and then compare it to the answer on the back of the card With no loose cards to drop or misplace they re perfect for studying on the go AP World History Quiz (300+ Questions and Answers) BookCaps Study Guides Staff, 2012-02-28 Over 300 questions and Answers are included in this study guide to help you prepare for the AP World History exam

Adopting the Melody of Phrase: An Mental Symphony within Apex World History Semester 1 Answers

In a global eaten by monitors and the ceaseless chatter of instantaneous communication, the melodic beauty and mental symphony produced by the prepared term usually disappear into the back ground, eclipsed by the persistent noise and interruptions that permeate our lives. Nevertheless, situated within the pages of **Apex World History Semester 1 Answers** a marvelous fictional treasure full of organic feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this interesting masterpiece conducts viewers on a mental trip, well unraveling the hidden songs and profound affect resonating within each carefully crafted phrase. Within the depths of this touching assessment, we can examine the book is central harmonies, analyze its enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

https://stats.tinkerine.com/About/Resources/HomePages/blue_point_act725_manual.pdf

Table of Contents Apex World History Semester 1 Answers

- 1. Understanding the eBook Apex World History Semester 1 Answers
 - The Rise of Digital Reading Apex World History Semester 1 Answers
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Apex World History Semester 1 Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Apex World History Semester 1 Answers
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Apex World History Semester 1 Answers
 - Personalized Recommendations

- Apex World History Semester 1 Answers User Reviews and Ratings
- Apex World History Semester 1 Answers and Bestseller Lists
- 5. Accessing Apex World History Semester 1 Answers Free and Paid eBooks
 - Apex World History Semester 1 Answers Public Domain eBooks
 - Apex World History Semester 1 Answers eBook Subscription Services
 - Apex World History Semester 1 Answers Budget-Friendly Options
- 6. Navigating Apex World History Semester 1 Answers eBook Formats
 - ∘ ePub, PDF, MOBI, and More
 - Apex World History Semester 1 Answers Compatibility with Devices
 - Apex World History Semester 1 Answers Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Apex World History Semester 1 Answers
 - Highlighting and Note-Taking Apex World History Semester 1 Answers
 - Interactive Elements Apex World History Semester 1 Answers
- 8. Staying Engaged with Apex World History Semester 1 Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Apex World History Semester 1 Answers
- 9. Balancing eBooks and Physical Books Apex World History Semester 1 Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Apex World History Semester 1 Answers
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Apex World History Semester 1 Answers
 - Setting Reading Goals Apex World History Semester 1 Answers
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Apex World History Semester 1 Answers
 - Fact-Checking eBook Content of Apex World History Semester 1 Answers

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Apex World History Semester 1 Answers Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Apex World History Semester 1 Answers free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading Apex World History Semester 1 Answers free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to download PDF files for offline reading. Apart from dedicated platforms, search engines also play a crucial role in finding free PDF files. Google, for

instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading Apex World History Semester 1 Answers free PDF files is convenient, its important to note that copyright laws must be respected. Always ensure that the PDF files you download are legally available for free. Many authors and publishers voluntarily provide free PDF versions of their work, but its essential to be cautious and verify the authenticity of the source before downloading Apex World History Semester 1 Answers. In conclusion, the internet offers numerous platforms and websites that allow users to download free PDF files legally. Whether its classic literature, research papers, or magazines, there is something for everyone. The platforms mentioned in this article, such as Project Gutenberg, Open Library, Academia.edu, and Issuu, provide access to a vast collection of PDF files. However, users should always be cautious and verify the legality of the source before downloading Apex World History Semester 1 Answers any PDF files. With these platforms, the world of PDF downloads is just a click away.

FAQs About Apex World History Semester 1 Answers Books

- 1. Where can I buy Apex World History Semester 1 Answers books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
- 2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
- 3. How do I choose a Apex World History Semester 1 Answers book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
- 4. How do I take care of Apex World History Semester 1 Answers books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
- 5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
- 6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing,

- and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
- 7. What are Apex World History Semester 1 Answers audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
- 8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.
- 9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
- 10. Can I read Apex World History Semester 1 Answers books for free? Public Domain Books: Many classic books are available for free as theyre in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find Apex World History Semester 1 Answers:

blue point act725 manual blood meridian audiobook

blow by blow ii diary of a call girl

blond cargo the jack bertolino series

block diagram of smps and explain its working ppt

blue moon original song

bloomingdales designers

blood vessel worksheet

bloody bones by laurell k hamilton summary and study guide

blue moon waterfront grill

blocs notes perptuel recettes pour positif

bloggie service manual

bloesem van het heelal de kleurrijke wereld van de textiel op java

blue bonnet in boston or boarding school days at miss norths

blood relations and other plays prairie play

Apex World History Semester 1 Answers:

domain1 establishing effective working relationships - Feb 08 2023

web domain1 establishing effective working relationships addressing barriers to learning center for mental health june 16th 2018 differences become a barrier to establishing

domain1 establishing effective working relationships copy - Feb 25 2022

web may 6 2023 domain1 establishing effective working relationships 1 11 downloaded from uniport edu ng on may 6 2023 by guest domain1 establishing effective working

fix the trust relationship between this workstation and the - Mar 29 2022

web feb 20 2023 5 you must receive the secure channel between the local computer and the domain company name com is in good condition if so then the trust relationship

fix trust relationship between this workstation and the - May 31 2022

web feb 2 2022 enter the router's default ip address and hit the enter button when the login page appears provide the device's username and password then head to the

domain1 establishing effective working relationships - Jan 07 2023

web domain1 establishing effective working relationships working relationships with colleagues and june 20th 2018 1 unit 13 develop working relationships with

domain1 establishing effective working relationships - Jan 27 2022

web domain1 establishing effective working relationships learn how to develop effective work relationships building positive relationships at work corporate coaching

domain1 establishing effective working relationships - Jul 13 2023

web domain1 establishing effective working relationships trust and betrayal in the workplace five keys to powerful business relationships how to become more

domain1 establishing effective working relationships - Nov~05~2022

web domain1 establishing effective working relationships colleagues learn how to connect with and influence others creating social capital for long lasting trusting relationships at

 $\underline{domain\ 1\ establishing\ effective\ working\ relationships\ studylib\ net}\ -\ Aug\ 14\ 2023$

web domain 1 establishing effective working relationships criteria suggested examples of evidence 1 1 1 2 1 3 demonstrate an understanding of factors that influence how students integrate into practice settings provide ongoing and constructive

fix the trust relationship between this workstation and the - Apr 29 2022

web mar 10 2023 6 minutes read there are two ways how can you manage your client and server machines in home or business environment including workgroup and domain

how to build good working relationships at work - Mar 09 2023

web mar 10 2023 in this article well explain what working relationships are specifically why good working relationships are important plus provide tips on how to build and

domain1 establishing effective working relationships - May 11 2023

web comprehending as skillfully as bargain even more than supplementary will give each success next door to the statement as competently as keenness of this domain1

domain1 establishing effective working relationships pdf - Apr 10 2023

web domain1 establishing effective working relationships building positive relationships with parents of young children jul 27 2022 positive relationships between

domain1 establishing effective working relationships - Dec 06 2022

web domain1 establishing effective working relationships domain1 establishing effective working relationships building positive relationships at work corporate

domain1 establishing effective working relationships - Sep 03 2022

web domain1 establishing effective working relationships learn how to develop effective work relationships june 20th 2018 effective interpersonal work relationships form

building effective working relationships university of - Jun 12 2023

web building effective workplace relationships is an extremely important skill for any employee the strength of our relationship building skills can affect our ability to negotiate

the trust relationship between this workstation and the primary - Jul 01 2022

web may 22 2021 the trust relationship between this workstation the primary domain failed follow us on google news stay in touch with the latest in the world of windows

$\textbf{domain1 establishing effective working relationships} \cdot \mathsf{Oct}\ \mathsf{04}\ \mathsf{2022}$

web domain1 establishing effective working relationships sage books establishing effective working relationships june 21st 2018 stuart i smith f amp alho n 2013

domain1 establishing effective working relationships - Sep 22 2021

web girl s establishing effective working relationships a mentor domain domain amp outcomes for mentors nmc 2008 stage 2 of chapter 07 establishing effective

domain1 establishing effective working relationships - Dec 26 2021

web domain1 establishing effective working relationships this verification or feedback process is what distinguishes active listening and makes it effective and by building

domain1 establishing effective working relationships - Nov 24 2021

web domain1 establishing effective working relationships building positive relationships at work corporate coaching june 19th 2018 building positive workplace

domain1 establishing effective working relationships - Oct 24 2021

web domain1 establishing effective working relationships establishing effective working relationships rcni january 23rd 2012 this article the second in a series of 11

active directory the trust relationship between this workstation - Aug 02 2022

web trust relationship is stale between pc and domain controller in this case you should unjoin and rejoin domain ehow com how 8436933 unjoin client domain html time

fundamentals of electrical drives gopal k dubey google books - Sep 04 2022

web pk sen electric drives 5 5 storage provide the basis for zero and positive energy pk sen electric drives oldcove com - Apr 11 2023

web pk sen professor electrical engineering dr sen has 50 years of combined teaching pk sen electric drives orientation sutd edu - Mar 10 2023

web discusses fundamentals of electrical drives this book describes in detail dynamics of

download electric drives pdf online 2022 by nisit k - Jul 14 2023

web 2 pk sen electric drives 2023 03 06 250 illustrations the author illustrates key concepts

pk sen electric drives seminary fbny org - Jun 01 2022

web kim san electric co pte ltd block 635 veerasamy road 01 164 166 singapore pk sen electric drives orientation sutd edu sg - Nov 25 2021

electric drives english paperback de n k flipkart - Nov 06 2022

web electronic converters examines electric machines and associated drives and details **kim san electric co pte ltd legrand** - Apr 30 2022

web nissan kicks e power combines a 100 electric motor drive with a petrol engine that \underline{pk} sen electric drives solutions $\underline{milnerbrowne}$ - Jun 13 2023

web electric drives n k de p k sen nisit k de associate professor department of

pksenelectricdrives download only dev sfcg - Oct 05 2022

web dynamics and control of electrical drives selection of motor power rating dc induction

pk sen electric drives orientation sutd edu - Dec 07 2022

web electric drives deals with the basic and fundamental concepts of electric drives in a pk sen electric drives design bluesquare org - Feb 09 2023

web pk sen electric drives pk sen electric drives 134u3008 danfoss drives fc

pk sen electric drives implantes odontocompany com - Feb 26 2022

web household appliances and electrical and electronic goods merchant wholesalers

pk sen electric drives discover designlights org - Dec 27 2021

web september 21st 2018 electric drives deals with the basic and fundamental concepts of **electric drives kopykitab** - May 12 2023

web pk sen electric drives telegraphic journal and electrical review 1926 applications of electric drives by $n\ k\ dw\ p\ k\ sen\ books\ on$ - Sep 16 2023

web electric drives ebook written by n k dw p k sen read this book using

kim san electric co pte ltd dun bradstreet - Jan 28 2022

web power electronics and motor drives pk sen electric drives omb no edited by ewing

electric drives n k dw p k sen google books - Oct 17 2023

web electric drives n k dw p k sen google books this book provides a

pk sen electric drives protese odontocompany com - Jul 02 2022

web 2 pk sen electric drives 2021 02 15 edition presents a unified approach to the design electric drives n k dw p k sen google books - Aug 15 2023

web jan 1 1999 electric drives n k dw p k sen phi learning pvt ltd jan 1

pk sen electric drives discover designlights org - Aug 03 2022

web fundamentals of electrical drives a textbook of electrical machines 2000 ieee 31ú

kicks e power performance nissan singapore - Mar 30 2022

web electric drives and electromechanical systems crc press this book presents the

pk sen electric drives orientation sutd edu sq - Jan 08 2023

web abebooks com electric drives this book provides a comprehensive introduction to the sapling learning physics homework answer key full pdf - Jul 10 2022

web feb 5 2019 for students learn by heart all of the physics equations you need for your gose and igose then use them to

answer questions with help available at every

solved done aa saplinglearning com sapling learning chapter - Mar 18 2023

web engage every student with achieve essentials for college physics macmillan s new online learning tool achieve essentials for college physics combines our popular assessment

sapling learning ch 3 flashcards quizlet - Dec 15 2022

web aug 20 2021 sapling learning physics answer key sapling learning physics answer key download mar 23 2020 get the physics homework key link that we pay for

sapling learning homework answers physics jonathan - Aug 11 2022

web dec 17 2015 sapling learning single course homework only for calculus based physics gives you access to an easy to use online homework system featuring

sapling learning homework answers physics - Jan 04 2022

sapling learning interactive homework instruction - Nov 14 2022

web sapling learning single course homework only for calculus based physics gives you access to an easy to use online homework system featuring detailed wrong answer

sapling learning homework for calculus based physics - Sep 12 2022

web sapling learning physics homework answer key whispering the techniques of language an emotional quest through sapling learning physics homework answer

sapling learning homework and e book for college physics - May 20 2023

web sapling learning homework and e book for college physics twelve months online 1st edition roger a freedman macmillan learning instructor catalog

physics answers to homework questions on sapling pdf - Apr 07 2022

web download sorry i wasn t listening i was thinking about shawn mendes a shawn mendes journal notebook to write down things take notes record plans or keep track of

sapling learning solutions chegg com - Sep 24 2023

web 52 rows sapling learning sapling learning online homework one term access w principles of biology non expiring license access card 0th edition 0 problems solved

sapling learning clever - Jan 16 2023

web sapling learning inc 10900 stonelake blvd suite 300 austin tx 78759 saplingplus bfw publishers - Apr 19 2023

web physics physics questions and answers done as saplinglearning com sapling learning chapter 21 homework hakeel allen macmilan learning sapling learning

sapling learning homework answers physics - Feb 05 2022

sapling learning physics answer key - Oct 13 2022

web area within net connections if you objective to download and install the sapling learning homework answers physics it is utterly easy then in the past currently we extend the

sapling e book for physics for scientists and engineers 6 month - Aug 23 2023

web find step by step solutions and answers to sapling e book for physics for scientists and engineers 6 month sapling learning online homework with etext physics 6

sapling learning homework answers physics pdf uniport edu - Mar 06 2022

web right here we have countless book sapling learning homework answers physics and collections to check out we additionally give variant types and with type of the books to

sapling learning blog sapling learning physics bfw pub - Jun 21 2023

web nov 22 2011 here at sapling we are always looking for ways to improve not just the software that runs our homework products but also what subjects we

achieve essentials for college physics macmillan learning - Feb 17 2023

web study with quizlet and memorize flashcards containing terms like classify these images as solid liquid or gas at the molecular level a balls jumping around b balls all together

23 equations official app in the microsoft store - May 08 2022

web mar 21 2023 right here we have countless book sapling learning homework answers physics and collections to check out we additionally find the money for variant types

sapling learning physics - Jul 22 2023

web sapling learning provides content for algebra and calculus based introductory physics courses as well as conceptual physics in addition to numeric and equation based

sapling learning homework for calculus based physics single - Jun 09 2022

web oct 9 2023 sapling learning physics answers 2023 websapling learning homework answers physics correspondingly simple the glass castle jeannette walls