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**PROGRAM NAME: WOMANITY WOMEN IN UNITY**

**GUEST NAME: LILIAN DU PLESSIS & MARIZEN MARAIS**

<b>SPEAKER</b>	<b>TRANSCRIPTION</b>
DR. MALKA	Hello I am Dr Amaleya Goneos-Malka. Welcome to Womanity – Woman in Unity. The show that celebrates prominent and ordinary African women’s mile stone achievements in their struggle for liberation, self-emancipation, human rights, democracy, racism, social economic class division and gender based violence. Joining us today are two representatives of the South African National Ladies Hockey team. We have Lilian du Plessis who is a striker and mid-fielder and has been with the national hockey team since 2012. And Marizen Marais who is mid-fielder and joined the team January 2016. Welcome to the show ladies.
<b>LILIAN DU PLESSIS &amp; MARIZEN MARAIS</b>	<b>Thank you so much. It’s nice to be here.</b>
DR. MALKA	Starting off if I can ask you, Lilian, being the most oldest member in, in the team thus far. When did you first become interested in hockey?
<b>LILIAN DU PLESSIS</b>	<b>I think from a very young age, I think I was five years old, um and my dad was a member at the Wanders Hockey club and he played on the weekends so, my brother, my sister and I would grab our hockey sticks, we started playing from then, so from five.</b>
DR. MALKA	So it was a bit of a family affairs and I also understand that the school you went to was a bit of a hockey nurturing environment to. So I’m sure that escalated and helped to....
<b>LILIAN DU PLESSIS</b>	<b>It definitely, definitely helped, especially high school we have a national coach, ex-national coach, coaching me at St. Mary’s, that was coaching me at St. Mary’s, so, so uh she also obviously helped in the, in the route that I chose hockey.</b>
DR. MALKA	And Marizen from your point of view, when did you first get interested in the game.
<b>MARIZEN MARAIS</b>	<b>Well actually um, I first started with netball, so and then after a while I realised that it wasn’t really for me and I also came from a hockey school so I decided to start hockey and from there on the love of the game just grew and ever since then I have been playing hockey all the time.</b>
DR. MALKA	And talking about the love of the game have you got any particular sporting icons, heroes that influenced you.
<b>MARIZEN MARAIS</b>	<b>Um, I must say I really um Raffel Nodal, I read his book and since then I’ve just been absolutely like the way his work ethic and the way he trains and everything that he’s gone through to achieve everything he has is just mind blowing for me, so yaar I would say Nodal definitely.</b>
DR. MALKA	And tennis isn’t going to be a migration for you to go from netball, hockey through to tennis.
<b>MARIZEN MARAIS</b>	<b>Definitely not. Definitely not. I don’t think I’ve got the talent for net.. aagh for, um tennis, so no I’ll just stick to hockey.</b>
DR. MALKA	It’s a bit more lucrative though.
<b>MARIZEN MARAIS</b>	<b>Yaar I have saw, I’ll just, I’ll just stick with the hockey though.</b>

DR. MALKA	And Lilian from your point of view, can you tell us about any of your sports heroes.
LILIAN DU PLESSIS	<b>I think mine would have to be a hockey player, Pete Coetzee, um she's no longer in the team, but I was fortunate enough to play with her, uh two years ago at the world cup. It was her last international tournament um and, she has to date, I think she holds, she got, she holds the current hi, she's got the top goal score.</b>
MARIZEN MARAIS	<b>Yaar at the moment she is the highest, yah.</b>
LILIAN DU PLESSIS	<b>She, she is the top goal scorer in the world um</b>
DR. MALKA	In the world.
LILIAN DU PLESSIS	<b>In the world at the moment, so. Me being a striker u, I think I obviously just look up to her the most and she is in, she is in, in um Gauteng so I've been lucky enough to play with her and also be coached by her.</b>
DR. MALKA	And whilst talking about goals, being striker can you tell us about, I suppose your best goal.
LILIAN DU PLESSIS	<b>Shoo. I think my best goal would have to be my first goal that I scored for South Africa and I think it was quite late, quite late on, it was, I had played twenty one games already and um, well literally came flying in from outside the circle and I managed to get the touch to it and it went behind my back um, so I didn't see it go directly into the goals but obviously I saw, I saw the replay and yaar, it went straight past the keepers left foot into the left corner, so my first goal, my favourite celebration and yaar, so keep going from there.</b>
DR. MALKA	It definitely sounds like one to be replayed.
LILIAN DU PLESSIS	<b>Yes.</b>
DR. MALKA	And Marizen can you tell us about one of your most memorable games.
MARIZEN MARAIS	<b>Um, it's kind of a 50/50 at the moment. Definitely my most memorable is sss, is playing my first cup for South Africa which was against India. Um, that was really a memorable game and then I would say Germany as well because I've looked up to so many of those players and I've always watched them on TV and then getting the opportunity play against them was absolutely incredible, so definitely between those two.</b>
DR. MALKA	And in terms of that league, when we look at it from an international point of view, what other countries have you played against.
MARIZEN MARAIS	<b>Um well actually in 2014 I went to um, the Youth Olympics as well for the under eighteens. So I was fortunate enough to play against Holland the Argentine, China and Japan and Fiji and so and we also had a series against Australia. So those were all junior games but I was fortunate enough to be part of that team to play against them as well.</b>
DR. MALKA	Well it sounds like a fantastic sport in terms of being able to take you around the world and expose you to different countries.
MARIZEN MARAIS	<b>No, it definitely it's incredible. Like you see things from different views and it's just amazing, everything that you get exposed to.</b>
DR. MALKA	On that note Lilian, from your point of view I understand that you spend a significant period of time playing for a club in Belgium.

LILIAN DU PLESSIS	Yes
DR. MALKA	Can you tell us a little bit about that?
LILIAN DU PLESSIS	<b>Yup. So basically when um, hockey in South Africa is a winter sports so our league runs mostly in winter um and so in the off season I like to go over to Belgium and I play for a club in Belgium um, also in there winter so unfortunately I'm in winter um, most of the year. And so I play over there for six ye, six months of the year and then I come over here and play the league over here, so change between the two.</b>
DR. MALKA	In your experiences this far, being on, on the team since 2012, how do you feel representing South Africa on the international circuit.
LILIAN DU PLESSIS	<b>I'm extremely proud to, to play for South Africa um, especially when I go abroad um, and I go to Belgium and a lot of the girls that are in the national team actually play amongst me um and I think we've, we've won a couple of games against Belgium so um, obviously it's, it's cool to boast about that um, and um, yaar obviously um, extremely um proud of South Africa as most people are um that come from here so yaar.</b>
DR. MALKA	How do you feel Marizen?
MARIZEN MARAIS	<b>Um, no it's um it's incredible. I mean playing for your country is something that you can be really proud of, so I must say it's something I'm extremely proud of and I'm just fortunate enough to be able play for them so yaar no, really proud.</b>
DR. MALKA	And in conjunction with your playing, you are also attending university at the moment and you are doing sports phycology.
MARIZEN MARAIS	<b>Yaar.</b>
DR. MALKA	How does that fit into the whole scenario?
MARIZEN MARAIS	<b>Um, it's really interesting because you see things from a different perspective, the way you studying as well and bringing in the sporting aspect um into the studies really helps because you start to understand your body as well and when you actually have a niggle or something's not right you actually know what's going on and you can relate so it really helps me in the studying having that back ground so yaar, it really helps.</b>
DR. MALKA	And I think also in terms of the, the progress the reality is in terms of your, your sporting career, it's, it's not a lifelong career.
MARIZEN MARAIS	<b>No it's not. Yeah, no it's not. Yaar</b>
DR. MALKA	It's, it's a relatively short period, which is why I, from a studying point of view I really advocate further learning and development because you, you going to need to have a second or even third career post this.
MARIZEN MARAIS	<b>Yaar know it really helps especially having the support from the University as well as allowing you to go onto all your tournaments and having lecturers that help you so that you can, at the same time do your sports, achieve what you want to do and then still have a degree to go with it. So I must say the University really helps us in that and we just fortunate enough to get that opportunity.</b>
DR MALKA	And that enabling environment is critically important because it allows you to do all the things you want to do representing your country, being able to study and having, I suppose staff and lecturers who are really accommodating.

<b>MARIZEN MARAIS</b>	<b>Yaar, no it really is, yaar we just lucky to have it.</b>
DR. MALKA	Recently I came across a really interesting quote by an American basketball player called Gabby Williams and she said “We make it look easy on the court because we practice until we cannot get it wrong any more”, Lilian what do you think about that?
<b>LILIAN DU PLESSIS</b>	<b>I think it’s so true, practice is so important and I think if you want to be the best practice is the only thing you can do to make you the best so, I mean, it, it definitely must be true. So many sports men, sports men and women tell you the same thing and I mean practice, practice, practice. That’s all you can do at the end of the day is practice.</b>
DR. MALKA	And how would you describe a typical day in practice? What does it entail?
<b>MARIZEN MARAIS</b>	<b>Well basically it’s wake up, go to gym, go do your session and then at night you got to go do your um, your field session as well, so it’s important to have your conditioning and your skills training all in one day. Um so sometimes it gets tough, you get tired but you just have to keep going. Yaar.</b>
<b>LILIAN DU PLESSIS</b>	<b>Prioritise.</b>
DR. MALKA	How many hours a day does? Is it every day you train, do you have a day off, what’s?
<b>LILIAN DU PLESSIS</b>	<b>The field hockey training is probably four to five times a week and we are in the gym every day um, upper body, lower body um, we do have gym, gym programmes through the university and through the national team so um, yaar that it requires it obviously to be doing fitness on the field and also um physical in the gym. Yaar.</b>
DR. MALKA	It sounds exhausting!
<b>LILIAN DU PLESSIS</b>	<b>It is.</b>
<b>MARIZEN MARAIS</b>	<b>It get tough sometimes</b>
<b>LILIAN DU PLESSIS</b>	<b>Off days are amazing.</b>
DR. MALKA	Today we’re talking to Lilian du Plessis and Marizen Marais who are two representatives of the South African National Ladies Hockey team.
<b>AD BREAK</b>	
DR. MALKA	You’re listening to Womanity – Women in Unity on Channel Africa. The voice of the African renaissance, on frequency on 9625 kilo hertz on the 31 meter band. Also available on DSTV channel 802. Today we talking to Lilian du Plessis who is a striker and mid-fielder for the South African National Hockey team as well as and Marizen Marais who is a mid-fielder for the South African National Hockey team. In the previous segment of the conversation we learnt how Marizen and Lilian became interested in hockey, sharing some of their memorable experiences thus far and how proud they are in terms of representing South Africa on the international circuit. Moving into the next segment of the show, Lilian you mentioned that you are playing for a Belgium club and, but as the same time some of those ladies that you play with you also played against them from the South African point of view when you were competing with, uh against the national Belgium side. What two things do you believe differentiate you from your contemporaries.

LILIAN DU PLESSIS	Um, that's a tough question. I think that what would differentiate us is that um, because the, the sports in Belgium is professionalised they get to spend a lot more time together as a team um, than what we do so we have um many camps during the year but not close to enough um, so yaar, they would meet three times a week um and stay together three of those days, where as we have a camp may be once every two or three months um, and that would be ten to, ten to twenty days and that's, that's all we get to see each other, so it takes a lot of individual hard work um to be able to, um when we do get together be strong as a team and individually
DR. MALKA	So team building is a, a critical part obviously when we looking at team sport and you can't, you can't do team building from a distance
LILIAN DU PLESSIS	No it's incredibly difficult. That, that's, I think that's it's really tough and I think especially because we girls and we have so many different personalities, um it becomes really difficult if um if we don't see each other um luckily a lot of the girls are from J'burg so a lot of us do see each other a lot but the girls that are obviously in Cape Town and um in Durban, I mean, we just don't see enough of them so you rely on those camps and also ju, we play together at a junior level so there are a lot of strong bonds in the team, so obviously it's just getting those altogether and clicking when we need to.
DR. MALKA	Marizen staying on the same topic and you alluded to a little bit earlier about the enabling component. Often when we hear about successful people, sports women, such as yourself, there's a tendency to think that these achievements landed overnight and you suddenly here you are suddenly on the national team but in reality we really witnessing the end of result of years of hard work and disciplined dedication that have gone into choosing your chosen path. So what is your opinion in terms of, of the role of support systems to contribute to success.
MARIZEN MARAIS	No look um it's very important to have those structures in place because things don't always go your way, you get disappointments along the way, cause I remember the first time I got a disappointment I was crying and I told my parents I don't want to do this anymore, it's not fun and if it's wasn't for them that told me that day, listen it doesn't help if you sulking now you need to pick yourself up, you need to keep going and that's when I realised, okay well let me try again, then after that I achieved my goal I just realised that you just need to keep going. So for those people in your lives you need those structures to keep you going for times you don't want to any more, you're tired, you need those people to just pick you up and to keep you going.
DR. MALKA	Guess what, a bigger view your focused on the issue at the moment and they looking at the much wider perspectives so it helps, distance always gives perspective, but often easier said than done.
MARIZEN MARAIS	No definitely. Definitely.
DR. MALKA	Lilian you've had a bit more experience in the game. You've mentioned that one of the big differences, from a Belgium point of view is that hockey is a professional sport. One of the things that we know world over is that men's sports has achieved iconic status particularly the likes of soccer or even tennis. What do you think needs to be done to help elevate the profile of women's sports?
LILIAN DU PLESSIS	I think that um the marketing of women athletes um could be better um, I think it would, it would make the, the um people watching the sport more intrigued as they get to know the female athletes on a, may be not on a more personal level but um get to know them better, and it would may be make them more interested in the sports um. It is exciting that the Minister has made it an aim to make um women, women sports um, um a

	<b>focus for the next five years. So I think that they obviously going to put um things into place that allow for that to happen um, so yaar I think the mar, marketing for me would be the marketing of women athletes in South Africa. I think that would help a lot get the audiences to, to follow women's sport more.</b>
DR. MALKA	But looking at the marketing components, the marketing from an individual point of view and, and sharing that's one thing, but the reality is that it comes I suppose a much broader point of view in terms of what media is exposed. Whether it's on radio or television, so being able to s, sell the rights to women's games to get that public interest going.
<b>LILIAN DU PLESSIS</b>	<b>Yaar. I mean there's been an improvement in hockey. We have a varsity sport which is shown on tv. We, we have game, we play games each other and that's um shown on tv. That I think started last year for, two years ago, three years ago for the women, so I think that does help and a lot of our national games have actually been shown on tv so that's also, it's also an improvement from, from the past um and yaar so I think there are, are strategies in place to make, to make the sport, or hockey in particular more commercialised so that people uh, feel that they can watch it but um, yaar.</b>
DR. MALKA	And putting on your communication science cap, how are things in terms from a social media point of view or streaming games online?
<b>LILIAN DU PLESSIS</b>	<b>I think it's, think it's really important, I mean when we go overseas to, to play games there you want to keep people involved in South Africa and you want to let them know they are able to watch uh, watch you or get live updates through maybe twitter or Facebook, um so I think that the social media networks are really important. Um, with, within the sports, that people are able to follow your progress um and how you doing, and following how you doing when you're abroad.</b>
DR. MALKA	And actively managed from players or management?
<b>LILIAN DU PLESSIS</b>	<b>Um, mmm. I think probably management um I think for players to, to be focused more on um, where they are at the moment and there, there games and the results may be, I think it would probably be bet, better for the management to be able to um, let people back home know how we're doing as opposed to that being one of our main focuses as athletes.</b>
DR. MALKA	It's always a nice way of being able to, to stay in touch with that, that direct contact with, with fans.
<b>LILIAN DU PLESSIS</b>	<b>Yup.</b>
DR. MALKA	Marizen as an international sports women whose achieving and getting further ahead in terms of your game, in fact both of you are effectively role models for young women demonstrating to many women in South Africa and around the world that with hard work and personal sacrifice everything is possible and you have also spoken about the dynamic between managing your university as well as your, your, your chosen sport. How do you perceive that responsibility of being a role model to young girls.
<b>MARIZEN MARAIS</b>	<b>Um I think it's really important that um because lots of youngsters look up to you and they see what you doing and they always watching you, so I think it is really important to keep them motivated as well and to keep them going and to keep the generations coming. So I think it's a big responsibility um but yaar I think you always have to just show them that anything's possible because all they want to do is believe you just have to keep them believing, to keep them going. So I think it's really important</b>

	<b>for us as athletes to give a positive image and yaar keep them going</b>
DR MALKA	Now Womanity – Woman in Unity is a programme which is all about gender equality and increasingly it’s becoming a global focus and across the board. Listening to you talk about the Minister of Sport saying err, articulating that women’s sport is going to be a focus for the next five years. Building female leadership capacity is important for the future of women in South Africa, Africa and around the continent and, a I was, I was very pleased to hear last night with Hillary Clinton being awarded the nomination for the, the democrats in the United States, she basically said there is no glass ceiling. So from your perspectives and I will ask the question to both of you. How do you see female leadership in South Africa?
LILIAN DU PLESSIS	<b>I think that’s it’s obviously the, the men, men leading is prominent in South Africa. I think um they have, for me, there isn’t a lot of women leadership, um but the women leadership that I’ve heard of has been positive and um I think that women who want to be leaders should strive to become leaders and do what they can to get there. I think um obviously, right now it’s not difficult and in the past it ha, I mean in right now it is difficult and in the past has been difficult but I think we are striving towards more women leaders and um I think that it, it is, I mean it’s, it’s nice to see. It’s great to see.</b>
MARIZEN MARAIS	<b>No definitely. I thinks it’s great to see that more female leaders is coming out because like Lilian said, in the past it wasn’t really, you didn’t see any women lead and in South Africa, so I think it’s really important and I think it’s good to see more females becoming um, or fore filling leadership roles, so yaar I think it’s positive cause it’s starting to happen more and more every single day.</b>
DR MALKA	Yes and the more you see of it the more that you exposed to it, it becomes familiar, it becomes the norm and it, it hopefully leads to, towards further up take from a leadership perspective. Today we’re talking to Lilian du Plessis and Marizen Marais who are members of South Africa’s National Hockey team.
<b>AD BREAK</b>	
DR. MALKA	You’re listening to Womanity – Women in Unity on Channel Africa. The voice of the African renaissance, on frequency on 9625 kilo hertz on the 31 meter band. Also available on DSTV channel 802. Today we’re talking to Lilian du Plessis and Marizen Marais who are members of South Africa’s National Hockey team. In the previous segment we spoke about some of the components which a went into building up to become uh international athletes and some of the activities that are under way in terms of promoting and advancing women’s sports, particularly from a South African po, perspective with the Minister of Sports, declaring that women’s sports will be a public focus for the next five years. We also spoke about some of the components of being role models to young women both in South Africa and around the world and the, the aspects and that responsibility that comes through as being a sporting personality. Now moving on in terms of looking at some of the words of encouragement and, and advice, what would you say to young aspiring athletes in terms of advice and encouragement. Lilian to you first.
LILIAN DU PLESSIS	<b>Well, I would say firstly, practice, practice, practice. I would emphasize practice. I think that is the most important thing um, at a young, at a young age um, also to take something positive from every set back. Um not everything is negative and you learn from your mistakes um, so what you get ta, what you get told or what you, it, it by coaches and um teams mates is often to make you better um, so it is, that, that is something I</b>

	would say to young athletes.
DR. MALKA	So, so being receptive to constructive feedback.
LILIAN DU PLESSIS	<b>Yes, that's very important. And that for me I think is, is tough growing up um, I don't like, I don't like um, I don't like...</b>
MARIZEN MARAIS	<b>People criticizing.</b>
LILIAN DU PLESSIS	<b>Yaar, that. I think that and I think now I've learnt to take that and to, it's, it's made me better um I want to be better and I want to prove people wrong. So constructive criticism, to take that into account is important.</b>
DR. MALKA	And Marizen from your point of view what words of advice or encouragement would you share with upcoming sp, athletes.
MARIZEN MARAIS	<b>Well, like Lilian said just practice, practice and just train all the time. Train until you literally can't anymore because at the end of the day if you want to be the best, you need to train like the best. So, just always keep that in mind and when you have a setback don't give up there always something positive. Fix your mistakes and just carry on and make the best of every situation and just keep going because if you just going to give up you'll never achieve anything you just need to keep going and keep working hard.</b>
DR. MALKA	So perseverance.
MARIZEN MARAIS	<b>Yaar, definitely it's key. You need that.</b>
DR. MALKA	And what would you say have been some of your success factors.
MARIZEN MARAIS	<b>Um, well I would say I've got the personality that I'll never give up um and I hate losing. I'm every competitive.</b>
DR. MALKA	That's an important thing when you playing a national sport, to hate losing.
MARIZEN MARAIS	<b>Yaar, yaar, so I'm very competitive even if we're playing games at home I don't like losing. So I think that's something that's always helped me is the fact that I will never give up and I'll just keep going and I'll do whatever I can to win. So I think that's my biggest thing. Yaar.</b>
DR. MALKA	And Lilian, what was the best advice you ever received.
LILIAN DU PLESSIS	<b>I think the best advice I was ever given it to, to take the advice that I, that I want to, use that in my game. So when people do speak to me to listen and maybe not argue back, because I think that was something I did struggle with at school. I always had a but and um, getting rid of that but after someone had given me advice um was tough but that, that helped me grow, like massively, so I think um again listening to the advice that you are, that you are, any advice that you are given and um using it, using it as best possible.</b>
DR. MALKA	And Marizen, from your point of view the best piece of advice you've ever been given.
MARIZEN MARAIS	<b>Um well I would probably say um that there is something that you can take out of every criticism that you get. Um, you don't have to take it all but there is always something that you can use to help you and improve as a player and even as a person in life. So I would say probably use every piece of criticism as constructive criticism and to help you grow as a person.</b>
DR. MALKA	Lilian do you have a saying or a motto that you live your life by.

LILIAN DU PLESSIS	Um, bit of a clique, I would say that it would be train and same and remain the same
DR. MALKA	Say it again.
LILIAN DU PLESSIS	<b>Train and same and remain the same. Basically train as hard as you can um because if you aren't training you not getting any better.</b>
DR. MALKA	Good words. Good words. Marizen from your point of view. Any particular saying or, or motto that you can share.
MARIZEN MARAIS	<b>Well, basically just the classic Nike one, just do it and don't hold back and just do everything you one do so you can achieve your goals.</b>
DR MALKA	Marizen where do you draw your inspiration from?
MARIZEN MARAIS	<b>Um, um I think I get my inspiration from basically the love that I have for it, the love of the game and I just enjoy every moment of it and when I'm having a bad day and I get the opportunity to go out and play some hockey with my mates and really just makes my day better, it makes me um get away from reality. So basically it's like an escape from reality as well, so if you having a bad day just go down to the turf, play a little and it just makes you feel so much better. So I would say just the love I have for the game.</b>
DR MALKA	So love, passion for the sport. Lilian where do you draw your inspiration from?
LILIAN DU PLESSIS	<b>I probably draw my inspiration from my family um, my family are very supportive um in, they have been very supportive through my hockey career so um probably them wanting to make them proud and um, yaar I think, knowing that I'm stepping onto the turf and um representing my country that also something that just, that means, the South African flag for instance, that would also help me.</b>
MARIZEN MARAIS	<b>Yaar, definitely.</b>
LILIAN DU PLESSIS	<b>Yaar um, I draw, draw inspiration from that</b>
DR MALKA	National pride.
LILIAN DU PLESSIS	<b>Yes.</b>
DR MALKA	And now in closing the show if I could ask you both to share a few words of wisdom or inspiration all the young women who are listening to us today.
LILIAN DU PLESSIS	<b>Ok I think it's important to um have goals from a young age and strive towards reaching your goals um doing what you can to um achieve your goals and it's important to have friends, or family or set up support structures that, that, that have that same um drive that you have um and that wants you to achieve. So I think um, having relationships and building relationships is really important um in, in helping you achieve your goals.</b>
MARIZEN MARAIS	<b>Yaar, I thinks it's very important that you set goals and you find your passion. You have to find your drive and what makes you tick. So you need to find that and just hold onto it and just build on it every single day, so that you can achieve the goals that you want, so yaar.</b>
DR MALKA	Great. Thank you very much, it's been a pleasure having you today
LILIAN DU PLESSIS	<b>Thank you so much it's been great to be here.</b>
MARIZEN	<b>It's been great to be here. Yaar.</b>

<b>MARAIS</b>	
DR MALKA	And we wish you all the very best of the next round of games that you play and may you go forth and conquer.
<b>LILIAN DU PLESSIS</b>	<b>Thank you very much.</b>
<b>MARIZEN MARAIS</b>	<b>Thank you so much.</b>
DR. MALKA	You have been listening to Womanity – Woman in Unity on Channel Africa. The voice of the African renaissance, and we have been talking to Lilian du Plessis and Marizen Marais who are both representatives of the South Africa National Hockey team.
<b>END OF PROGRAM</b>	