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Alone: 'The best thing we can do is to carry items to be prepared'

Continued from Page 1C

they love full time. The pair recently hosted an "Experience Alone" Wilderness Skills workshop at Soapstone Retreat, the coastal property Apelian bought in 2013 which sits about 12 miles from Nehalem.

Apelian previously hosted a workshop with Jose Amoedo, who also appeared on Season No. 2 of Alone and plans to continue hosting workshops with Alone participants.

A little more than 22 acres, the property features a cabin built by prominent architect Will Martin using the Fibonacci number series – spatial proportions found in nature. (Martin designed Pioneer Courthouse Square in Portland.)

The land's pristine condition along Soapstone Creek has also led to special protections, as the North Coast Land Conservancy holds a conservation easement on the prop-



Apelian helps assist a workshop participant with proper bow-drill form during primitive fire-building training.

erty for its protected fish spawning habitat, lack of invasive species and diversity of wildlife.

The Soapstone Women's writing group purchased the site in 1999 from Martin's estate, and many writers have spent weeks over the years working at the property. Soapstone provided more than 375 residencies from 1998 to 2010.

Notable among them was Portland writer Cheryl Strayed, who spent two weeks there preparing the first half of her memoir "Wild." The book was published in 2010 and later adapted for a film starring Reese Witherspoon.

Survivor psychology

During the recent workshop, participants spun hand drills, built primitive shelters without tools, built traps and practiced other skills. Discussion topics included everyday carry items, bug out bags, emergency medicine, water collection, plant foraging, shelter and clothing choices. Survivor psychology and mindset permeated every topic.

During a primitive fire-building demonstration, Kay emphasized the importance of knowing the skills,

but that in a survival situation one shouldn't come to rely upon them with today's available tools.

"If you ever find yourself doing this, you've already screwed up about 10 times," Kay said. "The best thing we can do is to carry items to be prepared.'

While their TV experience offered them the opportunity to test their self-sufficiency and ability to survive alone, they both believe strongly in the importance of community.

"When we put on a workshop, I want people to leave feeling empowered to learn more, to take the knowledge that they've learned here and explore that more," Apelian said.

Aaron Breniman is a writer, outdoor enthusiast, search-and-rescue member and communications consultant living in Portland, when he's not backpacking, fishing or chasing sunrises. Follow him on Twitter at @ aaronbreniman or on Instagram at @akbnpdx.



KATU KOMO		NBA Basketball Play			7:30 Cavaliers Site: Quicken Cavaliers Site: Quicken		9 PM 9:30 Paid Program Paid Program Wheel of Fortune Jeopardy!	10 PM 10:30 Wheel of Fortune Jeopardy! 20/20	11 PM KATU News at 11 KOMO 4 News	(:35) Jimmy (:35) Jimmy
KING KOIN	<u>5</u>	NBC Nightly News KOIN 6 News at 6	KING 5 News CBS Evening News	KING 5 News Extra	Evening Ent. Tonight	America's Got Talent "Auditions" Color MacGyver "Magnifying Glass"	ful and hopeful performers compete. Hawaii Five-0	Dateline NBC Blue Bloods "Personal Business"	KING 5 News KOIN 6 News @ 11	(:35) Tonigh (:35) Colber
KIRO KGW KRCW	<u>-</u>	KIRO 7 News KGW News at 6:00 Last Man Standing		Live at 7 Modern Family		MacGyver "Magnifying Glass" America's Got Talent "Auditions" Color The Originals (N)	Hawaii Five-0 ful and hopeful performers compete. Reign "Blood in the Water" (N)	Blue Bloods "Personal Business" Dateline NBC KGW News at 10 Two and a Half		(:35) Colber (:35) Tonigh Met Your M
KOPB KPTV KPDX	(12)	Burt Wolf: Travels 6 O'Clock News Mike & Molly	Business (N) Timbers in 30 Mike & Molly	PBS NewsHour Family Feud Big Bang Theory	Family Feud	Father Brown "The Star of Jacob" Chef "Battle for a White Apron, Pt. 2" FOX 12's 8 O'Clock News on PDX-TV	The Highwaymen Lucifer "Weaponizer" FOX 12's 9 O'Clock News on PDX-TV	Live at Nassau Coliseum 10 O'Clock News Family Guy Family Guy	Yoga for Arthritis 11 O'Clock News American Dad	2 Broke Gi Cleveland
KCPQ TBS	(13) (20)	Modern Family Seinfeld	Modern Family Seinfeld	Big Bang Theory Seinfeld	Big Bang Theory Seinfeld	Chef "Battle for a White Apron, Pt. 2" ★★ Limitless (2011, Mystery) Anna Friel	Lucifer "Weaponizer" , Bradley Cooper.	Q13 News at 10 ** Knight and Day (2010, Action) Tom	Most Wanted Cruise, Cameron Diaz,	The Simpso
ESPN ESPN2	<u>29</u> <u>30</u>	(5:30) NCAA Track & NCAA Baseball Divi	Field Division I Chan sion I Tournament (L)	npionship (L)	Last Man Standng	SportsCenter	Q13 News at 9 SportsCenter With Scott Van Pelt Scot NFL Live	Jalen & Jacoby (N) 30 for 30 "Believela		Friends
DISN FAM	32	Jessie		Game Shakers Liv Maddie Cali thly Hallows: Part	Andi Mack	Sizzling Summer Camp Stuck Middle (N) Andi Mack (N) tter and the Deathly Hallows: Part 2 (2	Full House Full House 1/2 Bizaardvark Andi Mack O11, Adventure Emma Watson, Rupert Gri	Full House 2/2 Full House Camp Rock 2: The Final Jam ('10) Alyso nt. Daniel Radcliffe.	Friends n Stoner. The 700 Club	Friends (:50) Stuck I
FMC LIFE ROOT	35 36	Movie Grey's Anatomy "D	(:55) ★★★★ Let's B amage Case"	e Cops ('14) Damon ★★ What to Expe	Wayans Jr., Nina Dobr ct When You're Expe		★★★ The Watch (2012, Comedy) Vince orrison, Dennis Quaid, Cameron Diaz.	Vaughn, Ben Stiller. (:55) FXM Presents Catastrophe (P) (N) Catastrophe (N)	The Watch (2012, Co Catastrophe (N) to Blue Jays at Seattle	Catastroph
FS1 SPIKE	39 43	(5:00) NASCAR Racin Cops	ng Rattlesnake 400 Cops	NHRA Drag Racing Cops	g Summernationals Cops	MLB Whiparound (L) Cops Cops	UFC FN Weigh-In "Lewis vs. Hunt" Cops Cops	Skip and Shannon: Undisputed Cops Cops	Cops	TMZ Sports
HIST A&E	(45) (46)	(:15) Futurama Ancient Aliens "The (5:00) Live PD		Ancient Aliens "Th		South Park South Park Ancient Aliens "The New Evidence" Live PD "Rewind"	** Big Daddy (1999, Comedy) Joey Lac Ancient Aliens "City of the Gods" (N) Live PD Live access inside the country's I	(:05) Ancient Aliens "The Science Wars" pusiest police forces. (L)	Daniel Tosh: People (:05) Ancient Aliens	"Destination
TLC DISC NGEO	48	Say Yes-Dress Dual Survival "Out Caribbean's Deadly	of the Ashes, Part I"			Say Yes-Dress Dual Survival "Grin and Bear It" / from here through the cosmos.	Say Yes-Dress Say Yes-Dress Yukon Men "Escape Plan" (N) Year Million "Mind Meld"	Say Yes-Dress Say Yes-Dress Last Frontier "Cattle Drive Chaos" National Geographic "S10 Ep14"	(:05) Say Yes-Dress Alaska/Frontier "Of Year Million "Mind	Moose and
TNT AMC	50 51	★★★ Olympus Has (4:00) Fury (2014, W	Fallen ('13) Morgan ar) Brad Pitt.	Freeman, Aaron Eck ★★★ Saving Priva	hart, Gerard Butler. ate Ryan (1998, War) I	★★ American Sniper (2014, War) Sienn Matt Damon, Edward Burns, Tom Hanks.	a Miller, Luke Grimes, Bradley Cooper.	<u> </u>	The Expendables 2 Fear the Walking D	Sylvester Sta ead
HGTV	<u>53</u> <u>54</u>	Diners, Drive-Ins Island Hunters	Diners, Drive-Ins Island Hunters	Modern Family DinersDives "Gu Island Hunters	y's Hometown Tour" Island Hunters		Modern Family DinersDives (N) Dream Home (N) My Dream Home	Modern Family Diners, Drive-Ins House Hunters (N) Modern Family Diners, Drive-Ins House Hunters (N)	Diners, Drive-Ins House Hunters	Modern Far Diners, Driv House Hun
FX CNN FNC	(57)	(5:00) ★★★★ Star T Anderson Cooper 3 The Five		13) Zachary Quinto, CNN Special Hannity	Chris Pine.	★★ World War Z (2013, Action) Mireille Anderson Cooper 360 Tucker Carlson Tonight	Enos, Daniella Kertesz, Brad Pitt. Anderson Cooper 360 The Five	CNN Special Hannity	World War Z (2013, Anthony Bourdain Tucker Carlson Ton	"Antarctica"
CNBC	61 63	Shark Tank ★★ Miss Congenia	lity 2: Armed and Fa	Shark Tank abulous ('05) Regina	a King, Sandra Bullock.	Greed "A Wolf in Priest's Clothing" ★★ Miss Congeniality ('00, Com) Micha	American Greed: Scam ael Caine, Benjamin Bratt, Sandra Bullock. ffin, Ann-Margaret. ** Rich, Young	American Greed "Deadly Payout" ** Miss Congeniality ('00, Com) Micha	Paid Program	Paid Progra att, Sandra B
SYFY	65		King ('02) Kelly Hu, St		'The Rock' Johnson.	Dark "Being Better is So Much Harder/ It Cumberland High. Rural Eve. News	Doesn't Have to Be Like This" (SP) (N)	Wynonna Earp (N) County Reporter Virginia Dreams	Underworld: Evolut Time Life Library	
TURD	AY	EVENING 6 PM	6:30	7 рм	7:30	A - Charter Astoria/ Seaside - L - Ch	narter Long Beach 9 PM 9:30	10 рм 10:30	11 рм	JUN 111
KATU KOMO KING	4	KATU News at 6 KOMO 4 News KING 5 News	Paid Program	Jeopardy! Wheel of Fortune The Voyager		To Tell the Truth To Tell the Truth World of Dance "The Qualifiers 2"		dsay and her family follow a cult leader. (N) dsay and her family follow a cult leader. (N)		(:35) Honor\ (:35) Honor\ Sat. Night
KOIN KIRO	- 7	KOIN Local 6 at 6 Weekend News	KIRO 7 News	Entertainment To Entertainment To	night Weekend night Weekend	Blue Bloods Blue Bloods	48 Hours 48 Hours	48 Hours 48 Hours	KOIN 6 News @ 11 KIRO News	(:35) Paid Pr (:35) Scanda
KGW KRCW KOPB	3		The Middle	Wilderness Vet Modern Family		World of Dance "The Qualifiers 2" Bones "The Bond in the Boot" of Italy Rick Steves delves deep into the It	Dateline NBC Investigative features are Bones "The Man in the Mansion" ralian heartland. Paul Simon: The C	covered. KGW News at 10 Person of Interest oncert in Hyde Park Join Paul Simon in thi	"Asylum"	Sat. Night I Person of I Weddings
KPTV KPDX KCPQ	<u>-</u>	(4:00) MLB Baseball Mike & Molly (4:00) MLB Baseball	Mike & Molly	Paid Program Portland Timbers Paid Program	MLS Soccer FC Dalla	Spirit Mountain Grand Floral Parade as at Portland Timbers (L) Modern Family Modern Family	Portland Timbers Modern Family Modern Family	10 O'Clock News CSI: Miami "Rush" Q13 News at 10 Most Wanted	Love Connection West Coast Wrestli Love Connection	ng Connect
TBS KZJO	20 22	2 Broke Girls Bones "The Bond in	2 Broke Girls the Boot"	2 Broke Girls The X-Files "Three	2 Broke Girls of a Kind"	Big Bang Theory Big Bang Theory The X-Files "Biogenesis"	Big Bang Theory Big Bang Theory Q13 News at 9 Most Wanted	Big Bang Theory Big Bang Theory Name Game Name Game	Full Frontal Anger Manage	Angie Tribe Anger Man
	30	NCAA Baseball Divi: NCAA Baseball Divi: The Loud House		e: 1D Ameritrade Par Sizzling Summer (Thundermans (N) NickyRickyDicky	SportsCenter 30 for 30 "Believeland" Henry Danger Game Shakers	SportsCenter 30 for 30 "Phi Slam ** Ice Age: Dawn of the Dinosaurs ("0"		nagan, Eunic
	34				9, Animated) Christoph	MECH-X4 Lab Rats: Elite ner Plummer, Delroy Lindo, Edward Asner. Girl (2014, Mystery) Rosamund Pike, Missi	Bizaardvark Stuck in Middle (:20) ★★★ Mulan (1998, Animated) Eddi Pyle Ben Affleck			K.C. Undero Movie Olivia Cooke
LIFE ROOT	36 38	The Other Mother (3:30) Drag R.	'17) Kimberley Crossr MarinersPre-game	nan, Tyler Christopho MLB Baseball Toro	er, Annie Wersching onto Blue Jays at Seattle	The Wrong Neighbor (2017, Thriller) An e Mariners Site: Safeco Field Seattle, Wa	drea Bogart, Steve Harris, Michael Madser sh. (L)	(.05) Mommy's Prison Secret ('17) Sarain Post-game MLS Soccer FC Dall	Boylan, Niamh Wilson as at Portland Timbers	n, Kelli Willia
COM	(43) (44)	(5:45) ★★★ The Han	Cops ngover ('09, Com) Bra	Cops adley Cooper, Zach G	Cops ialifianakis, Ed Helms.	ch-ups. Derrick Lewis vs. Mark Hunt Site: S Cops Cops Idiotsitter (SP) (N) Idiotsitter (N)	Cops Cops Idiotsitter (N) Idiotsitter (N)	★★★ Shooter (2007, Action) Michael Pe ★★★ The Hangover (2009, Comedy) Bra	ña, Danny Glover, Ma Idley Cooper, Zach Ga	lifianakis, Ed
A&E TLC	(46)	American Pickers " (5:00) Live PD Say Yes-Dress		American Pickers Say Yes-Dress		American Pickers: Bonus Buys "Picking Live PD "Rewind" Say Yes To Dress: UK "Sibling Support"	the Northeast" The guys try to buy from a Live PD Live access inside the country's l Brides get tough love from their sisters.		(:05) American Picke	
DISC NGEO TNT	49	Alaskan Bush "Dead Wicked Tuna "Hissy (5:15) ★★ Divergent	Fit"	Alaskan Bush "On Wicked Tuna "Pur Winslet Miles Teller	e Brown Down" (N) ple Rain"	Alaskan Bush Pe. "All Falls Down" (N) Wicked Tuna "The End Is Nigh"		Genius "Einstein: Chapter Seven"	Devil's Canyon Wicked Tuna "The T	ime is Now"
AMC USA	(51) (52)	(5:00) ★★★★ The G ★★★ Red (2010, Ac	odfather (1972, Drar ction) Mary-Louise Pa	na) Al Pacino, James rker, John Malkovich	Caan, Marlon Brando. , Bruce Willis.	**** John Wick	The Son "Scalps" (N) ('14, Action) Adrianne Palicki, Bridget Moy	The Son "Scalps" nahan, Keanu Reeves. ★★★ John Wick	The Godfather ('72, ('14, Act) Adrianne Pa	Dra) Marlon licki, Keanu I
FOOD HGTV FX	(54)	Ginormous Food Property Bros. "Mo The Croods (2013, A	re Time for Family"	Property "Modern	Masterpiece for Two"	Chopped "Grill Masters: Episode Two" Property Brothers Home (2015, Animated) Voices of Rihann	Chopped "Grill Masters: Episode Three" Beachfront Reno (N) a, Steve Martin, Jim Parsons.	Chopped "Grill Masters: Episode Four" House Hunters Renovation (N) Home (2015, Animated) Voices of Rihann		BoughtFarr
FNC CNBC	(58)	United Shades "Kar Justice With Judge Under Boss "Orienta	Jeanine	United Shades "Cl The Greg Gutfeld Undercover Boss"	Show	United "Immigrants and Refugees" Hannity Undercover Boss "Massage Heights"	United Shades "Native 'Americans'" Justice With Judge Jeanine Undercover Boss "True Value"	United Shades Of America The Greg Gutfeld Show Under Boss "Armando Montelongo"	UnitedShadesAmer Fox News Sunday Paid Program	ica "Latino, Paid Progra
BRAV TCM	63 64	(5:30) Housewives (5:00) The Lost Week	★★ The Ugly Truth kend Ray Millard.	(2009, Comedy) Gel ★★★ Lydia (1941,	rard Butler, Bree Turne Romance) Edna May (r, Katherine Heigl. ** Maid in Manh Oliver, Alan Marshal, Merle Oberon.	attan ('02) Ralph Fiennes, Tyler Garcia Pos ★★★ Ivanhoe (1952, Adventure) Elizab	ey, Jennifer Lopez. ** Maid in Manha eth Taylor, Joan Fontaine, Robert Taylor.	ttan ('02) Ralph Fien Portrait of Jason ('6	nes, Jennifer 57) Jason Hol
RFD	(162)	Opry Encore	Dailey and Vincent			Larry's Country Diner "Dan Miller"	2007, Action) Eva Mendes, Wes Bentley, Ni C. Reunion "Marty Robbins Special"	Hee Haw	Zombieland ('09, Ac Time Life Library	
	L	/ENING 6 PM KATU News at 6	6:30	7 PM America's Funnies	7:30 st Home Videos	A - Charter Astoria/ Seaside - L - Ch 8 PM 8:30 Celebrity Family Feud (N)	9 PM 9:30 Steve Harvey's Funderdome (P) (N)	10 PM 10:30 The \$100,000 Pyramid (N)	11 PM KATU News at 11	JUN 11Æ (:35) Castle
KOMO KING KOIN	5	KOMO 4 News (5:00) NHL Hockey St KOIN Local 6 at 6	tanley Cup Playoffs Pi	America's Funnies ttsburgh vs Nashville 60 Minutes		Celebrity Family Feud (N) To Be Announced (N) The 71st Annual Tony Awards Honorin	Steve Harvey's Funderdome (P) (N) To Be Announced q individuals for achievement on Broadway	The \$100,000 Pyramid (N) Sunday Night With Megyn Kelly (N)	KOMO 4 News KING 5 News KOIN 6 News @ 11	(:35) Full Me (:35) In Dept
KIRO KGW	<u>7</u>	Weekend News (5:00) NHL Hockey St	KIRO 7 News tanley Cup Playoffs Pi	60 Minutes ttsburgh vs Nashville		The 71st Annual Tony Awards Honorin To Be Announced (N)	g individuals for achievement on Broadway To Be Announced	(N) Sunday Night With Megyn Kelly (N)	KIRO 7 News KGW News at 11	KIRO 7 Nev (:35) Sports
KRCW KOPB KPTV	(10) (12)		lassic 2 Broke Girls	(:20) Masterpiece (Bob's Burgers	Last Man on Earth		American Grit (SP) (N)	KGW News at 10 Pawn Stars an Sampler" Focuses on Ken's documentari 10 O'Clock News	Sports Final	Elementary Roy Orbiso In Depth
KPDX KCPQ TBS	(13)	Mike & Molly Two and a Half (5:30) ★★ Wanderlu		Big Bang Theory Bob's Burgers dd, Jennifer Aniston.	Last Man on Earth	Rookie Blue "In Plain View"	Blue Bloods "Blowback" American Grit (SP) (N) Big Bang Theory Big Bang Theory	Blue Bloods "The Bitter End" Q13 News at 10 Q It Up Sports Big Bang Theory Big Bang Theory	Rizzoli & Isles Q13 News Angie Tribeca	Elementary Angie Tribe
KZJO ESPN	(22) (29)	Last Man Standing (5:00) MLB Baseball NCAA Baseball Divi	Last Man Standing Detroit Tigers at Bost	Big Bang Theory	Big Bang Theory	Big Bang Theory Big Bang Theory SportsCenter The day's news in the world	Q13 News at 9 Q It Up Sports	Friends Friends day's news in the world of sports.	Met Your Mother SportsCenter 30 for 30 "This Mag	Met Your N
NICK DISN	(31) (32)	Henry Danger ★★★★ Toy Story (Henry Danger 95, Ani) Voices of Tin	n Allen, Tom Hanks.	*** Toy Story 2 (NickyRickyDicky School of Rock '99, Ani) Voices of Tim Allen, Tom Hanks.	Full House Full House (:10) Tangled Mickey/ Bunk'd	Full House Full House (:05) Cali Style Bizaardvark	Friends	Friends Bizaardvarl
FAM FMC LIFE	(35)	(:10) ★★★★ Up ('09 (5:00) Noah (2014, D ★★★ Taken (2008,	Prama) Jennifer Conne	elly, Russell Crowe.	(:50) Noah (2014, Dr	rama) Jennifer Connelly, Emma Watson, Ru	t of Fire (2005, Adventure) Emma Watson, issell Crowe. ortorella, Myko Olivier, Courtney Love. (P)	(:40) FXM Presents	The Fog (2005, Horro	
ROOT FS1	(38) (39)	(5:00) MLS Soccer Da (5:30) FIFA Soccer W Bar Rescue "Manda	allas vs Portland Orld Cup Qualifier US	Post-game	Ship Shape TV (N) Boxing Premier Cha		nto Blue Jays at Seattle Mariners Site: Safe	co Field Seattle, Wash. ational Friendly United States vs. Norway Wo		Post-game Confed. Cu
COM HIST	(44) (45)	(4:40) Wedding Cras Forged in Fire "Viki	hers Owen Wilson. ng Sword"	(:20) ★★★ Weddin Forged in Fire "Zu	g Crashers (2005, Cor Ilu Iklwa"	medy) Vince Vaughn, Rachel McAdams, Ov Forged in Fire "The Boar Spear" (N)	ven Wilson. Hamilton: Building Hamilton's influence	Jordan Klepper Solves Guns (N) e is felt throughout modern America. (N)	Jordan Klepper (:05) Mountain Men	South Park
TLC DISC	(47) (48)	American Pickers " My 600-lb Life "Zsa Naked and Afraid)	llynn's Story" (L "Outbreak"		ean's Story" XL "Worlds Collide"	American Pickers "Step Right Up" 90 Day Fiancé Naked and Afraid XL "Divided We Fall"			(:05) American Picke 90 Day Fiancé Naked and Afraid "	Forsaken"
NGEO TNT	<u>49</u> <u>50</u>	(5:00) Inside Comba	t "The Last Stand" The Hunger Games	Restrepo: Afghani : Mockingjay, Part	ist . Follow a platoon of	American soldiers on deployment. And, Josh Hutcherson, Jennifer Lawrence.		e Rise of ISIS (P) (N) (:45) Hell on Earth: (:05) Claws "Tirana" Talking Dead (N)		the Rise of appy Family
USA FOOD	(52) (53)	Law & Order: S.V.U Food Network Star	. "Dissonant Voices" "Auditions"	Law & Order: S.V. Guy's Game "Guy'	U. "Spousal Privilege" 's Summer Games"	Law&Order: SVU "Agent Provacateur" Game "Grocery Grudge Match" (N)	Law&Order: SVU "Community Policing" Food Star "Beauty and the Beast" (N)	Law&Order: SVU "Forty-One Witnesses" Beat Bobby Flay Beat Bobby Flay	Modern Family Beat Bobby Flay	Modern Fa Beat Bobby
FX CNN	(56)		acher ('12, Action) Ro	Flip or Flop Flip or Flop States Of Flip or F	rd Jenkins, Tom Cruise.	Bargain Hunt (N) Bargain Hunt (N) ★★ Lucy (2014, Action) Morgan Freemal United Shades "Kamau Buys a Gun"	Mexico Life (N) Mexico Life (N) n, Analeigh Tipton, Scarlett Johansson. Anthony Bourdain "Oman"	Beach Hunters (N) Beach Hunters (N) ★★ Lucy (2014, Action) Morgan Freeman United "Puerto Ricans and Puerto Rico"		House Hun rlett Johanss
FNC CNBC	(58) (61)	Tucker Carlson Ton Shark Tank Housewives P. "Wa	ight	Hannity Shark Tank Housewives P. "A		To Be Announced Shark Tank The Real Housewives of Potomac (N)	The Five Shark Tank Invite Only Cabo (N)	Hannity The Profit "Swim by Chuck Handy" The Real Housewives of Potomac	Fox News Sunday Paid Program WatchWhat (N)	Paid Progra
TCM					1957, Western) Lola Ali		★★★ Master of the House ('25) Karin		Cruel Story of Yout	