**FAMS Call Center** 

Veterans and Military Families Resource Guide

Culpeper, Madison, Orange, Rappahannock, and Fauquier counties

To our military families and veterans: The freedoms expressed in our Constitution are assured due to the sacrifices you and others like you have made. Thank you for your service to our country!

### Introduction

Virginia has a total veteran population of approximately 800,000 people. Almost 1 in 10 Virginians is a veteran, and Virginia is the state with the 7<sup>th</sup> largest veteran population nationwide.

There are many community resources that are available to assist veterans and their families. This guide contains region-specific organizations that serve veterans.

# Assistance with VA benefits & other

# Services

Understanding the benefits provided by the VA and how to apply for them is a complicated process. There are many non-profits ready to assist a veteran in working with the VA.

# DAV

- Providing free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs (VA) and other agencies of government.
- Providing outreach concerning its program services to the American people generally, and to disabled veterans and their families specifically.
- Representing the interests of disabled veterans, their families, their widowed spouses and their orphans before Congress, the White House and the Judicial Branch, as well as state and local government.
- Extending DAV's mission of hope into the communities where these veterans and their families live through a network of state-level Departments and local Chapters.
- Providing a structure through which disabled veterans can express their compassion for their fellow veterans through a variety of volunteer programs.

#### NATIONAL HEADQUARTERS

3725 Alexandria Pike Cold Spring, KY 41076 859-441-7300 Toll Free 877-426-2838 https://www.dav.org/

Local Chapter: PO Box 6816 Charlottesville, VA 22932 Ph: 571-329-6760 Meeting Location: 3025 Louisa Rd Keswick, VA 22947 Phone: 434-996-4814 2ND Wednesday of each month at 6:30 PM

Local National Service Office (NSO) 4575 VA Roanoke DAV 210 Franklin Rd, SW RM 808 Roanoke, VA 24011 – 2209 540-597-1731

# National Guard Family Assistance

Family Assistance Centers provide a variety of referral based services to geographically dispersed families and retirees from all military components. Services include, but are not limited to, ID cards and Defense Enrollment Eligibility Reporting System (DEERS) enrollment, TRICARE and military medical benefits education, emergency financial services, legal information & referral, crisis intervention and referral, and community information and referral.

Family Assistance Center - Warrenton Armory 692 Waterloo Rd Warrenton, VA 20186 540-718-2417

### Veterans of Foreign Wars of the United States

Provides help obtaining benefits, military to civilian transition assistance, financial services, social connection to other veterans, and legislative advocacy on the national scale.

Post 2524 Burton-Hammond Post 12210 Sperryville Pike Culpeper, VA 22701 Phone: (540) 825-1910 7:30 pm first and third Thur

Post 7728 Southern Fauquier Post 12496 Harpers Run Road Corner of Rt. #17 & Rt. #836 Bealeton, VA 22712 Phone: (540) 752-2479 vfwpost7728.org 9:00 AM 3rd Saturday

Post 2217 James Madison Post 19105 Brick Church Rd Orange, VA 22960 Phone: (804) 205-7408 <u>http://myvfw.org/va/post2217/?\_ga=1.3931440.1425083488.1488906485</u> 7:00 PM 2nd Thursday

Post 9835 Robert E. Laing Memorial Post 33 N. Calhoun st Warrenton, VA 20186 <u>vfw9835.org</u> 7:00 PM 2nd Thursday Post 7638 Nathaniel Gordon Post 10271 Gordon Ave Gordonsville, VA 22942 Phone: (540) 832-2439 7:00 PM 1st Tues

## Virginia Department of Veterans Services

The Department of Veterans Services (DVS) is organized into six service delivery sections – benefits, veterans education, care centers, veterans cemeteries, the Virginia War Memorial, and the Virginia Veteran and Family Support Program. Three citizen boards work closely with the agency to support the effective delivery of services to Virginia's veterans – the Board of Veterans Services, the Joint Leadership Council of Veterans Service Organizations, and the Veterans Services Foundation.

Office of the Commissioner, John L. Newby II James Monroe Building, 101 North 14th Street, 17th Floor Richmond, VA 23219 (804) 786-0286 (Phone) | (804) 786-0302 (Fax) www.dvs.virginia.gov Orange County 2nd Wednesday, 9:00 a.m. – 11:30 a.m. This location by appointment only, please call (434) 295-2782 Train Station/Visitors Bureau 122 East Main Street

<u>Charlottesville Benefits Office</u> Virginia Work Force Center 2211 Hydraulic Rd. Charlottesville, VA 22901 (434) 295-2782 (434) 295-1629 <u>Fredericksburg Benefits Office</u> 10300 Spotsylvania Avenue, Lee Hill Bldg. 1, Suite 290 Fredericksburg, VA 22408 540-376-7298 540-693-1163

# American Red Cross

The American Red Cross Eastern Virginia Region is proud to serve one of the largest concentrations of military personnel in the world. We have the largest naval base in the world, the only NATO command on U.S. soil and the presence of all five military services, including operating forces and major commands .Hundreds of thousands of active duty, reservists and veterans along with their families reside in our Region.

- Linking Military Families During an Emergency
- Connecting Families with Local Community Resources
- Providing Resiliency Training
- Supporting Wounded Warriors and Military Hospitals

#### http://www.redcross.org/

1 800 RED CROSS (1-800-733-2767)

Local Chapter: 118 East Piedmont Street Culpeper, Virginia 22701 540-886-9151

If your family needs emergency assistance, you can submit a request online or call the American Red Cross. 1-877-272-7337

# Benefits

## U.S. Department of Veterans Affairs (VA)

1-844-MyVA311 (1-844-698-2311)

Provides a variety of benefits and services to veterans including pension, education, home loans, insurance, healthcare, travel reimbursement, and assisted living.

# Childcare

#### **Culpeper County**

Kids Central Day Care 1401 Old Fredericksburg Road Culpeper, VA 22701 (540) 829-2124 Kidcentralculpeperva.com

#### **Orange County**

Rainbow Child Care Center of Locust Grove 4354 Germanna Highway Locust Grove, VA 22508 (540) 972-4334 www.rainbowccc.com/locustgrove

Brightside Early Care & Learning Center 462 North Madison Road, Suite A Orange, VA 22960 (540) 360-4044 Brightsidelearningcenter.weebly.com info@brightsidelearningcenter.com Orange County Head Start Taylor Administration Complex 200 Daily Drive Orange, VA 22960 (540) 661-4470 <u>https://sites.google.com/a/ocss-va.org/headstart</u> info@ocss-va.org

#### **Fauquier County**

Children of America 164 West Shirley Avenue Warrenton, VA 20186 (540) 431-2963 www.childrenofamerica.com/locationswarrenton.cfm

Jack & Jill Preschool & Childcare Center 200 Green Street Warrenton, VA 20186 (540) 347-2203 www.jackandjillpreschool.com

Fauquier Community Child Care 400 Holiday Court, Suite 105 Warrenton, VA 20186 (540) 347-6970 www.fauquiercommunitychildcare.org general@fauquierrcommunitychildcare.org

Meadow Brook Child Development 555 Winchester Street Warrenton, VA 20186-2508 (540) 349-4354 <u>www.meadowbrookchildcenter.com</u> <u>mbcdc55@yahoo.com</u>

Maplewood Childcare Center 4513 Lee Highway Warrenton, VA 20187 (540) 349-1147 www.maplewoodccc.com Walnut Grove Child Care <u>www.walnutgrovechildcare.com</u> Locations:

- 6653 Oak Shade Road Bealeton, VA 22712 (540) 439-2500
- 9132 James Madison Highway Warrenton, VA 20186 (540) 349-9656

4238 Burrough Drive
 Warrenton, VA 20187
 (540) 347-0116

Warrenton United Methodist Preschool 341 Church Street Warrenton, VA 20186 (540) 349-9050 www.warrentonumc.org/connect/preschool preschool@warrentonumc.org

# Dental Care

The Piedmont Regional Dental Clinic offers free oral health care to low-income Virginia veterans on Veterans Day as their way of saying "thank you for your service."

13296 James Madison Highway Orange, Virginia. <u>vaprdc.org</u> (540) 661-0008

# **Disability services**

### disAbility Resouce Center

540-373-2559 <u>cildrc.org</u> Assists people with disabilities to achieve the highest potential and benefit of independent living by providing information, education, and resources. Dave Shafferman 540-940-4138 Petrina Thomas 540-645-2443

## PARALYZED VETERANS of AMERICA MID-ATLANTIC CHAPTER

Dedicated to veterans' service, medical research and civil rights for people with disabilities, the PVA is non-profit organization that supports paralyzed veterans through sporting events, financial support and mentoring.

11620 Busy Street North Chesterfield, VA 23236 Tel. (804) 378-0017 Toll Free. 1-800-852-7639 Fax. (804) 378-0026 Email: VAPVA@aol.com <u>pvamidatlantic.org</u>

# Virginia Department for Aging and Rehabilitative Services (DARS)

1300 Sunset Lane Suite 3120 Culpeper, VA 22701 (540) 829-7360

#### dars.org

DARS provides and advocates for the highest quality of services to help older Virginians and those with disabilities to maximize and secure their employment, independence and full inclusion into society Services include: Job training, community-based services, help obtaining assistive technology, and disability determination and claims.

# Employment

### Goodwill Job Center

The Goodwill Job center offer FREE HELP to people in our community in learning/upgrading computer skills, job preparation and job search skills for today's workplace.

Culpeper Job Help Center 210 E Stevens Street Culpeper, VA. 22701 Phone: 540-212-4570 Hours: Mon-Fri 8:00am-4:30pm

# Virginia Employment Commission (VEC)

Veterans are eligible for job referral, job training, and job placement assistance through a statewide network of offices www.vec.virginia.gov

Charlottesville Office 2211 Hydraulic Road Charlottesville, VA, 22901 Phone: (434) 984-7630 Fax: (434) 951-6758 Veteran Rep, Scott Trice Scott.Trice@vec.virginia.gov 434-984-7630 <u>Fredericksburg Office</u> 10304 Spotsylvania Avenue, Suite 100 Fredericksburg, VA, 22408 Phone: 540-322-5757 Fax: 540-891-4139 Deborah Warf, Manager

If you are a veteran with questions about your Unemployment (UI) benefits, please call 1-866-832-2363 Register as a job seeker at <u>www.vawc.virginia.gov</u>

# Homelessness

If you are a veteran or know of a veteran experiencing housing insecurity or homelessness, please contact the Federal Department of Veterans Affairs Homeless Hotline at 1-877-424-3838 (1-877-4AID-VET).

# Housing while at VA medical Center

# The Fisher House Foundation

For more than 25 years, the Fisher House program has provided a "home away from home" for families of patients receiving medical care at major military and VA medical centers. These homes offer free, temporary lodging to military and veterans' families, allowing them to be close to their loved one during a medical crisis and focus on what's important—the healing process.

https://www.fisherhouse.org/

Local house—V irginia: Hunter Holmes McGuire VA Medical Center MGR: Wayne Walker / (804) 675-6639 / <u>wayne.walker@va.gov</u>

# Hunting & Fishing Licenses

### Virginia Department of Game and Inland Fisheries (VDGIF)

Offers a number of discounted licenses for Disabled Military Personnel & Veterans. www.dgif.virginia.gov Region 4 Office (Fredericksburg) 1320 Belman Rd Fredericksburg, VA 22401 Phone: 540-899-4169 Fax: 540-899-4381

# ID Cards/License Plates

#### Department of Motor Vehicles (DMV)

Your Virginia Veterans ID card is a convenient way to show proof of your veteran status so you can enjoy the benefits you deserve. Hundreds of Virginia businesses offer discounts for veterans carrying a valid ID.

Five ways to get Your Veterans ID Card:

• Visit your local DMV customer service center

Culpeper: 18505 Crossroad Parkway, Culpeper, VA 22701-3791 Phone: 804.497.7100 Fauquier 94 Alexandria Pike, Warrenton, VA 20186-2808 Phone: 804.497.7100

- DMV 2 Go mobile offices to view the schedule
- <u>www.dmvNOW.com</u>
- U.S. mail: P.O. Box 27412, Richmond, VA 23269-0001
- Fax: (804) 367-1112

# Legal Services

### Veterans Legal Services Clinics

Virginia's Office of the Attorney General offers Veterans Legal Services clinics to assist qualified veterans and their spouses with simple wills, powers of attorneys, and advance medical directives, including notary services, on a "first-come, first-served basis." To learn more about this veteran friendly initiative visit www.oag.state.va.us. Contact Info: Attorney General's Office 202 North 9th Street, Richmond, Virginia 23219 Phone: (804) 786-2071

# Mason Veterans and Service members Legal Clinic (MVETS), George Mason University

The law students participating in the Mason Veterans and Servicemembers Legal Clinic (MVETS) assist active-duty members of the armed forces, their families and veterans with free representation in matters of clear injustice or those matters where they could not retain counsel without undue hardship. Mason Veterans and Servicemembers Legal Clinic George Mason University School of Law 3301 Fairfax Drive, MSIG3, Arlington, VA 22201 (703) 993-8214 (703) 993-9540 (fax) Email: <u>clasv@mail.gmu.edu</u>

## The Virginia Bar Association Veterans Task Force

The Virginia Bar Association Veterans Issues Task Force is committed to helping Virginia service members who are getting ready to deploy, or are returning from a deployment, find an attorney who will assist them or their family with their legal services needs on a pro bono or reduced fee basis. For additional information visit <u>www.vba.org</u>.

# Psychological services

If in crisis, contact the Crisis Line for immediate assistance.

### MILITARY & VETERAN CRISIS LINE

1.800.273.TALK (8255), Press 1

### Coaching Into Care

1-888-823-7458

Coaching Into Care is a national telephone service of the VA which aims to educate, support, and empower family members and friends who are seeking care or services for a Veteran. Our goal is to help Veterans, their family members, and other loved ones find the appropriate services at their local VA facilities and/or in their community. We also provide coaching to family and friends of Veterans who see that a Veteran in their life may be having difficulty adjusting to civilian life. Coaching is provided by licensed psychologists or social workers, free-of-charge.

# DoD Dedicated Peer Support Call and Outreach Center

#### Call 844-357-PEER (7337) and Text 480-360-6188

The BeThere Peer Support Line is the only dedicated Department of Defense (DoD) peer support call and outreach center available to all Service members across the Department (including the National Guard and Reserves) and their families. The program is staffed by peer coaches who are Veteran Service members and spouses of prior Service members, and is available 24/7 through chat, email, phone and text. Communications between peer counselors and Service members are confidential.

### **RRCS Crisis Services**

#### 540-825-5656

Locally, crisis services are available to any individual experiencing a crisis due to mental health or substance use issues. Services are available 24-hours a day, 7-days a week, 365-days a year and are focused on helping individuals deal with their immediate crisis. Services are short-term and immediate and are often provided over the phone, within one of our clinics, or within one of our local hospital emergency departments.

# Real Estate Tax Exemptions

Veterans rated by the U.S. Department of Veterans Affairs (VA) as having a 100%, permanent and total, service-connected disability or who have a service-connected individual unemployable disability rating are exempt from paying real estate taxes on their primary residence.

# Referrals

### Veterans Navigator

Get connected to local referrals for Benefits, Community Support, Health Care, Housing, Quality of Life, Work & Education.

veteransnavigator.org

## Piedmont United Way

Piedmont United Way is a one-stop local information source for all types of human services in our region.

piedmontunitedway.org

Call 2-1-1 and ask to be connected to First Call For Help Or Call (540) 825-7569

## Military OneSource

800-342-9647 www.militaryonesource.mil/

Your search stops here – click around for answers to the military life questions you didn't even know to ask. Military OneSource is your central hub and go-to-place for the military community. Get to know your benefits and prepare for the big stuff – deployments, reintegration, moves, parenthood, retirement and more. Browse by topic or search for that strangely specific question you want to know the answers to. No matter where military life takes you, with Military OneSource you'll always be in the loop.

## NATIONAL RESOURCE DIRECTORY (NRD)

#### nationalresourcedirectory.gov

The National Resource Directory (NRD) is a resource website that connects wounded warriors, Service Members, Veterans, their families, and caregivers to programs and services that support them.

It provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration. Visitors can find information on a variety of topics that supply an abundance of vetted resources.

# Schools

# **Public Schools**

Culpeper County 450 Radio Lane Culpeper, VA 22701 (540) 825-3677 www.culpeperschools.org

Fauquier County 320 Hospital Drive, Suite 40 Warrenton, VA 20186 (540) 422-7000 www.fcps1.org

Madison County 60 School Board Court Madison, VA 22727 www2.madisonschoolsk12.va.us (540) 948-3780 Orange County Taylor Education Administration Complex 200 Dailey Drive Orange, VA 22960 (540) 661-4550 Toll Free: 866-803-8641 <u>www.ocss-va.org</u> info@ocss-va.org

Rappahannock County 6 Schoolhouse Road Washington, VA 22747 (540) 227-0023 www.rappahannockschools.us

# **Private Schools**

#### **Culpeper County**

Culpeper Christian School 810 Old Rixeyville Road Culpeper, VA 22701 (540) 825-4208 www.culpeperchristianschool.com PK-8 grade

Epiphany Catholic Schools 1211 East Grandview Avenue Culpeper, VA 22701 (540) 825-9017 www.ephiphanycatholicschool.org PK-8 grade

#### Madison County

Woodberry Forest School 898 Woodberry Forest Road Woodberry Forest, VA 22989 (540) 672-3900 www.woodberry.org 9-12 grade All Boys School

#### **Orange County**

Grymes Memorial School 13775 Spicers Mill Road PO Box 1160 Orange, VA 22960 (540) 672-1010 www.grymesschool.org info@grymesschool.org PK-8 grade

#### **Fauquier County**

Highland School 597 Broadview Avenue Warrenton, VA 20186 (540) 878-2700 www.highlandschool.org beyourself@highlandschool.org

Covenant Christian Academy 6317 Vint Hill Road Warrenton, VA 20187 (540) 680-4111 <u>www.covenantva.org</u> K-10 grade

St. James Episcopal School 73 Culpeper Street Warrenton, VA 20186 (540) 347-3855 <u>www.saintjamesepiscopalschool.org</u> PreK-5 grade

Wakefield School, Inc. 4439 Old Tavern road The Plains, VA 20198 (540) 253-7500 www.wakefieldschool.org PreK-12 grade Fresta Valley Christian School 6428 Wilson Road Marshall, VA 20115 (540) 364-1929 www.frestavalley.org PreK-12 grade

Providence Christian Academy 4258 Burrough Drive Warrenton, VA 20187 (540) 349-4989 Pcalions.org PreK-12 grade

Midland Christian Academy 10456 Old Carolina Road Midland, VA 22728 (540) 439-2606 www.midlandchristianacademy.org PreK-6 grade

# Adult Education

Piedmont Regional Adult and Continuing Education Programs (540) 718-8243 <u>www.pracep.org</u> <u>info@pracep.org</u>

# **Community Colleges**

Germanna Community College 10000 Germanna Point Drive Fredericksburg, VA 22408 www.germanna.edu Lord Fairfax Community College 6480 College Street Warrenton, VA 20187 (540) 351-1505 https://lfcc.edu

# Social Services

The Virginia Department of Social Services (VDSS) is a state supervised and locally administered social services system. The Department is responsible for administering a variety of programs, including Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), Medicaid, Adoption, Child Care Assistance, Refugee Resettlement Services, and Child and Adult Protective Services.

Culpeper Human Services (540) 727-0372

Fauquier Dept. of Social Services (540) 422-8400

Madison Dept. of Social Services (540) 948-5521

### Salvation Army

113 E Culpeper St
Culpeper, VA 22701
540-317-5873
Food and commodities pantry available to everyone
Utilities assistance for clients at 150% of the poverty line with financial hardship and urgent need
Emergency disaster services- for victims and first responders during a disaster

Orange Dept. of Social Services (540) 672-1155

Rappahannock Dept. of Social Services (540) 675-3313

# Service Dogs

### Canine Companions for Independence

1-800-572-BARK (2275)

#### cci.org

Canine Companions for Independence<sup>®</sup> is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships. Canine Companions Veterans Initiative helps active military and veterans with disabilities live their best lives possible with an expertly trained assistance dog at their side.

District 24-A Trustee & Graduate Lion Nancy W. Lagasse <u>Bshert07@gmail.com</u> 540-219-5868

# Transportation

### FAMS Call Center

The Foothills Area Mobility System (FAMS) has a call center that offers information on all available public, private, and volunteer travel providers in our region. Get referrals, help figuring out how to get where you need to go, or training on how to use each type of transportation. 540-829-5300

#### fams.org

710 US Ave Culpeper, VA 22701

# Veterans Transportation Program (VTP)

A veteran needing to get to the VA for medical care is eligible to receive help with transportation. A veteran will receive a travel consultation upon referral from his primary care physician's (PCP's) social worker. They will determine the services for which he is eligible.

McGuire Travel Department

http://www.va.gov/HEALTHBENEFITS/vtp/

http://www.richmond.va.gov/Beneficiary\_Travel\_Qualifications.asp

**Rob Sparks** 

Veteran Transportation Service (VTS) & Beneficiary Travel Program Manager Health Administration Service Hunter Holmes McGuire VAMC Richmond, VA. 23249 P: (804) 675-5000 ext: 2077

#### C: (804) 306-4775 robert.sparks3@va.gov

#### Beneficiary Travel (BT)

http://www.va.gov/HEALTHBENEFITS/vtp/beneficiary\_travel.asp (804) 675-5803

- Eligible veterans can fill out a form and be reimbursed for travel expenses to the VA hospital.
- http://www.va.gov/vaforms/medical/pdf/vha-10-3542-fill.pdf
- The BT program may also provide pre-approved transportation solutions or common carrier travel.
- They can arrange special mode transportation (SMT) at the request of VA where an ambulance provider can transport a veteran to the VA if that is what their need requires.

### **DAV Vans**

DAV operates a fleet of vehicles around the country to provide free transportation to VA medical facilities for injured and ill veterans. DAV stepped in to help veterans get the care they need when the federal government terminated its program that helped many of them pay for transportation to and from medical facilities. The vans are driven by volunteers, and the rides coordinated by almost 190 Hospital Service Coordinators around the country.

DAV has purchased 2,967 vehicles, worth nearly \$65.1 million, that have been donated to Department of Veterans Affairs medical centers nationwide since the program began in 1987 to ensure that injured or ill veterans are able to get to their medical appointments.

Local vans: <u>Charlottesville to McGuire</u> DAWNIELLE M. BREWSTER, HSC HUNTER HOLMES MCGUIRE VAMC (652) (804) 675-5313 FAX (804) 675-5148 1201 Broad Rock Blvd. (135) Richmond, VA 23249 December 2010

Dawn schedules a bus that runs from Charlottesville to McGuire daily. They leave from the Charlottesville CBOC (community based outpatient clinic) at 7:10 AM. Veterans should get their appointment for between 8:30 and 11:00 AM. Once all patients on the bus have been seen for the day, the bus will come back to CBOC. Usually they get back before 2:00. The driver has a cell phone and could call our volunteer to arrange pick-up. There is no cost for the service and they need at least 48 hours' advance notice.

<u>Fredericksburg to McGuire</u> Bob Hall/ Ed Cole American Legion Service 540-548-8215 Ed Cole runs the DAV van from Fredericksburg. They leave from Mary Washington at 7:15 and ask that the veteran get his appointment before 11:00 AM.

Call as soon as you get an appointment. They are not wheelchair accessible. Patient needs to be fully ambulatory. They would need a doctor's note to bring a companion.

# Women

### Women Veterans Call Center (WVCC)

1-855-VA-Women (1-855-829-6636)

The WVCC staff is trained to provide women Veterans, their families, and caregivers about VA services and resources. We are ready to respond to your concerns. The call is free, and you can call as often as you like until you have the answers to your questions.

# Youth Sports

For more recreational information, see an updated list of youth programs at:

Culpeper Parks and Rec

http://web.culpepercounty.gov/Government/County-Departments/Departments-P-V/Parks-and-Recreation/Sports-Leagues-Community-Organizations

Orange County Parks and Rec Youth Sports page:

http://orangecountyva.gov/index.aspx?NID=314

Fauquier County Parks and Rec

http://www.fauquiercounty.gov/government/departments-h-z/parks-and-recreation/local-recreationguide

# Articles for additional information

Here are links to some helpful articles:

The Veteran's Role in the Claims Process BY GARRY J. AUGUSTINE

Sources:

Much of this guide is from the Virginia VDS's Veteran's Guide: <u>https://online.flippingbook.com/view/1017958/</u>