



Michael Harbuck <michaelharbuck@gmail.com>

---

## SMS with Rebecca Talone ( Wood )

100 messages

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 12:26 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

I didn't know you worked yesterday. Why? What was wrong by texting?

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 1:04 PM  
To: michaelharbuck@gmail.com

I worked my ot for the week yesterday. Nothing is wrong with texting.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 1:04 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Whatcha Doin today?

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 1:05 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

New doctor who is ready  
. Season 8. EP 1.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 1:07 PM  
To: michaelharbuck@gmail.com

Ooh. Is that the new doctor?

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 1:13 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Yep. I'm halfway through.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 1:13 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

No spoilers.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 1:14 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

My computer looks awesome on the big tv

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 1:14 PM  
To: michaelharbuck@gmail.com

I haven't seen it so I don't have any spoilers.

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 1:15 PM

No.... that's what the doctors wife always says

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com>  
To: michaelharbuck@gmail.com

Sun, Jul 13, 2014 at 1:16 PM

Oh that I do remember it

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 1:18 PM

Whatcha Doin today?

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com>  
To: michaelharbuck@gmail.com

Sun, Jul 13, 2014 at 1:20 PM

Watching doctor who. Again. Just got back into season 3. Its the only show in english on my queue since everything is on break

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 1:22 PM

Ok

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 1:23 PM

What's for lunch?

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com>  
To: michaelharbuck@gmail.com

Sun, Jul 13, 2014 at 1:24 PM

Hmm. I hadn't thought about lunch yet

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 1:27 PM

I made a whole London broil.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com>  
To: michaelharbuck@gmail.com

Sun, Jul 13, 2014 at 1:41 PM

For lunch? A big one?

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 1:42 PM

Yeah. Slow cooked in olive oil and butter with 10 different spices. With sour cream of course.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 1:42 PM

And fritos.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 1:44 PM  
To: michaelharbuck@gmail.com

That's quite a lunch

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 1:45 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

It was good. Meat. Good.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 1:46 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Why did I have to di this.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 1:53 PM  
To: michaelharbuck@gmail.com

?

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 7:11 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Napped.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 7:12 PM  
To: michaelharbuck@gmail.com

Good day for a nap. Pretty muggy earlier

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 7:12 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Gave some reeealy good granola fir din.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 7:30 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Big storm was nice

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 7:31 PM  
To: michaelharbuck@gmail.com

Probably a good choice. Considering your lunch. Didn't rain to hard here

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 7:43 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Explain choice comment please. Thank you. Hope your weather was more logical.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 7:44 PM

To: michaelharbuck@gmail.com

I think your dinner choice was good

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 7:46 PM

Reason of your perception deduction necessary.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com>  
To: michaelharbuck@gmail.com

Sun, Jul 13, 2014 at 7:47 PM

:-|

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 7:48 PM

Obviously delay detected.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 7:49 PM

What was wrong with my lunch? I only ate about a 1/4 of it.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 7:49 PM

It was juicy.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com>  
To: michaelharbuck@gmail.com

Sun, Jul 13, 2014 at 7:50 PM

Oh. I thought you had ate all of it

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 7:50 PM

No... I like to be able to poop.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 7:56 PM

Ground control to major tom

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 7:57 PM

Are we reaching?

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com>  
To: michaelharbuck@gmail.com

Sun, Jul 13, 2014 at 7:57 PM

Sure are ziggy

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 8:10 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Who??

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 8:13 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Guess that's all then. Later.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 8:16 PM  
To: michaelharbuck@gmail.com

Ziggy stardust

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 8:18 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Big storm again. Youre busy.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 8:20 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Ciao Meg.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 8:21 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

( family guy on )

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 8:21 PM  
To: michaelharbuck@gmail.com

Not busy.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 8:26 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

One more show then study time

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 8:30 PM  
To: michaelharbuck@gmail.com

Hm. I was thinking one more episode then bedtime

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 8:38 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Dr who.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 8:39 PM  
To: michaelharbuck@gmail.com

Yeah

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 8:43 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Its really unnerving that you would rather watch tv than spend time with me you know. But hey. Theres a whole world out there. The tarsus is waiting ms. Pond

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 8:49 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Tardis

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 9:14 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Go wash.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 9:14 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Another week ahead.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 9:15 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Another week of wondering what to do.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 9:16 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Another week alone.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 9:18 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Oh well.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 9:18 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Naked and afraid.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 9:26 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

I'm not complaining.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 9:27 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Just feel very stagnant.

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 9:27 PM

Even if I have done a lot in the last six months for my own future.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 9:29 PM

Sociology clep test coming up soon. Then algebra then an art class then done until the next step.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com>  
To: michaelharbuck@gmail.com

Sun, Jul 13, 2014 at 9:42 PM

Done washing. What's the next step?

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 9:51 PM

I need to go home for a week or so. Move out of storage to Susan's. Consolidate assets. Then see what the job situation is. More school. I've tried to get into a zoo for a while.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 9:52 PM

Associate of science and liberals arts degree if I can do calculus by December also.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 9:52 PM

Two roomie prospects emailed today.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 9:53 PM

Holy super bitch on naked and afraid. Snake needs to bite her.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com>  
To: michaelharbuck@gmail.com

Sun, Jul 13, 2014 at 9:56 PM

Your watching something called naked and afraid?

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 9:57 PM

Yeah. Never seen it. Two strangers. No. Cloths. 3 weeks.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 9:59 PM

No water. No food. Goal : survive.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 9:59 PM

Beach I'd OK. Jungle not so. Skeeters. Ouch.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com>  
To: michaelharbuck@gmail.com

Sun, Jul 13, 2014 at 9:59 PM

Alrighty then

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 10:00 PM

No Wally world. Reminds me of Mombasa.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 10:00 PM

I loved walking the beach and swimming the reef.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 10:01 PM

Used to get fish every day. Had a mangrove branch trap. Kitchen scraps for bait.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 10:02 PM

I speared a ray one day and learned the hard way that they produce electric shocks. It was tasty though.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 10:03 PM

Ate my first sea snail and sea cucumber. Plus crabs and langoste I caught myself.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 10:05 PM

I had it good. Fresh water from the well in the ywca compound. Hot water. And a nice kitchen with fridge.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com>  
To: michaelharbuck@gmail.com

Sun, Jul 13, 2014 at 10:05 PM

Ywca?

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 10:05 PM

It's si humid that no one uses a real mattress. Only foam. That was the hardest part.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 10:06 PM

Young women's Christian association. Like YMCA.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>

Sun, Jul 13, 2014 at 10:06 PM

To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

They have a cool. Compound there. Churches do a lot there.-

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>

Sun, Jul 13, 2014 at 10:07 PM

To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

I had a my own room. Breakfast and dinner made every day.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>

Sun, Jul 13, 2014 at 10:08 PM

To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

100 bucks a month.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>

Sun, Jul 13, 2014 at 10:08 PM

To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Masks lived in the ally with the cook. I made him a dog house out of an abandoned chicken coup.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>

Sun, Jul 13, 2014 at 10:09 PM

To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

He pooped in the yard too much and the ladies got mad.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>

Sun, Jul 13, 2014 at 10:09 PM

To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

He rode around with me on my bicycle everywhere.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>

Sun, Jul 13, 2014 at 10:10 PM

To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Kids loved it. I made freinds every time I went out.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com>

Sun, Jul 13, 2014 at 10:11 PM

To: michaelharbuck@gmail.com

Dogs are a big draw for kids

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>

Sun, Jul 13, 2014 at 10:11 PM

To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

I worked at the marine and fisheries institute every other day. Swam the reef in the afternoons. Went out with the vets for fun.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>

Sun, Jul 13, 2014 at 10:12 PM

To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

LOL. Yes. They. Do. That.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com>

Sun, Jul 13, 2014 at 10:15 PM

To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

My third day back from Africa I learned that American blacks are not the same. I had to revert back to the American view of them after being trapped by three kids who stopped me so the neighborhood warlord could punch me off of my 3000\$ bike and ride off.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 10:16 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

LOL. Yeah. They do that too.

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 10:17 PM  
To: michaelharbuck@gmail.com

Just about my bedtime. Have you started studying yet?

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 10:17 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Go play.

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 10:21 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Did o chem

---

**Rebecca Talone ( Wood )** <becca.talone@yahoo.com> Sun, Jul 13, 2014 at 10:47 PM  
To: michaelharbuck@gmail.com

I'm done. Every blink is a struggle to open my eyes. Good night Michael

---

**michaelharbuck@gmail.com** <michaelharbuck@gmail.com> Sun, Jul 13, 2014 at 10:48 PM  
To: "Rebecca Talone ( Wood )" <becca.talone@yahoo.com>

Sleep well beautiful.