

Cottey Vacation College 2020 class descriptions

Classes will be held for four days and guests will select a first, second, and third class choice to fill their schedule. Classes will be assigned in March. To register, go to cottey.edu/peo/grow

Short Morning Class A	6:30 – 7:30	
	Good Morning Walk and Stretch	This walking class is geared toward active individuals who already participate in a regular exercise program. You will be able to walk at your own pace each morning and then finish each class with total body stretching.
	Water Aerobics	This class incorporates dance, calisthenics, and toning exercises performed vertically in the water. The instructor will include both shallow and deep-water exercise and will introduce toning exercises. <i>Bathing suit and towel required; water shoes recommended.</i>
Long Morning	8:30 – 11:00	
	Armchair Traveler	Be transported to far-flung destinations while sitting comfortably in a cozy chair. As an Armchair Traveler, you will visit Russia, India, and Germany through the Ross Memorial Library collection of movies, books, and music. Join us as we journey around the globe and never leave the library!
	Artists Co-Op	For this Vacation College class, you will be provided studio space, easels, and limited supplies as you create your own artist’s cooperative. No instructor will be present, but you may use facilities located in the beautiful Judy and Glenn Rogers Fine Arts Building. Come be a part of an artistic, supportive community that strives for personal growth, mutual respect, and creative inspiration.
	Basics of Wheel-Thrown Pottery	Have you ever thrown a pot? If you have never worked with clay, you may not be familiar with the term, but to “throw” a pot means to use a pottery wheel to create and shape clay. Learn the basics of wheel-thrown pottery in this beginning-level pottery course.

Fishing with Jack & Ed!

Take your adventurous spirit to the waterside and enjoy some fishing with Jack and Ed! Your instructors will share their enthusiasm for the sport and be your native guides as you travel to several local fishing holes and secret streams. Try your hand at catching indigenous fishy specimens; learn about knots and lures; and improve your knowledge of lines, rods, and reels. Consider yourself challenged to take the bait, hook, line, and sinker! Guests must be able to get in and out of a van and walk for short distances. Rods and other equipment will be supplied, or you may bring your own.

Genes and Heredity

Do you have blue eyes, an athletic build, or red hair? Are you aware of a family history of certain diseases because of your biological inheritance? Central to all biology is the question of how genetic information is produced and reproduced. In this class, we will discuss DNA, genes, and inheritance of genetic information in the family, as well as diseases associated with genes. Through sculptural DNA models, classroom discussion, and videos, we will explore the world of genes and heredity.

Local Business and Historic Site Tours

We will travel by Cottey van to explore local sites in the area including business and historical sites. On the historical side, find out what a Bushwhacker was by touring the Bushwhacker museum and jail, see the original town square and the 110-year-old courthouse, see local Victorian era homes, tour the fort in Fort Scott as well as see the first national veteran's cemetery, which is older than Arlington National Cemetery. On the business side, we will tour the Chamber of Commerce housed in the historic Carnegie Library Building, and learn what it is like to operate a business in a small town. You will tour such businesses as the historic W.F. Norman Factory, mostly known for manufacturing hand-pressed embossed tin ceilings and architectural details using equipment from the early 1900s, local small businesses around the historic square, a business specializing in locally grown agriculture products, and a sheltered workshop.

Mahjong

A game of skill played by four people with domino-like tiles, Mahjong requires cooperation and strategy. In this class, students will learn how to play the popular game and will learn the opening moves, the middle strategies, and the endgame. Stories, histories, and explanations will be introduced. It is said that the clacking of Mahjong tiles during shuffling resembles the twittering of sparrows, so come and hear it for yourself! No Mahjong experience is necessary.

Native American Food Culture

This course takes a look at North American Native peoples and their food from the earliest periods to most recently. We will consider what archaeology tells us about their ancient food ways, including innovations and environmental shifts over time. We will also think about how settler societies changed the diets of Native peoples as well as recent social movements like food revitalization and food sovereignty. We will also try some of the foods and prepare a couple of recipes.

Pickleball for Beginners

Have you heard of Pickleball?! The game of Pickleball has been spreading across the US and world like wildfire. Pickleball was invented in 1965 just outside of Seattle by three dads as a vacation diversion for their families. According to the USA Pickleball Association, there are now nearly 4,000 places around the country where the game is played. Add Cottey College to that list! Pickleball may be played as a fast game like badminton or at a slower pace taking the ball on a bounce. In this four-day course, you will learn some basic skills, simple rules of the game, and scoring. We haven't found anyone young or old who tried Pickleball and did not love playing the game. This class is for beginners.

Teutonic Order: Central Europe in Medieval times

This class is all about the Teutonic Order - the Order of Brothers of the German House of Saint Mary in Jerusalem. The Order was founded in 1192 in Acre, Kingdom of Jerusalem, as a military order to protect the pilgrims on the way to the Holy Land. The class will cover the order's history and mainly focus on their activities in the 13th century when they were invited by one of the Polish princes to Central Europe. Even though invited, their subsequent actions caused tensions and wars between Poland and the Order. The Teutonic knights built hospitals and magnificent medieval castles. One of them is the Malbork Castle which has never been conquered and it is also considered one of the biggest castles in the world. You will get to know about the Order, its structures, and what the life of a knight looked like in medieval times.

The Films of Katharine Hepburn

Katharine Hepburn has been called the "most outstanding female presence in American film of last 100 years." In this course, we will consider that claim by examining Hepburn's life, career, and legacy. On the first day of class, we will learn about Hepburn's life, the critical and popular reception of her work, and film history. We will also consider her experience as a woman in the movie industry. Then, during the rest of the week, we will watch and discuss three films: *Bringing Up Baby* (1938), *The Philadelphia Story* (1940), and *Pat and Mike* (1952). No prior knowledge of Hepburn's work or film history is required, but Hepburn fans--and fans of old movies--are encouraged to take this class.

Short Morning Class B	8:30 – 9:30
A Mathematical World	Mathematics is one of the most important tools to understanding the physical and social world. From our position in the universe to the state of our personal finances, the laws of mathematics seem to provide us with an accurate model of reality. In this course, we will talk about simple examples, taken from different fields, in which mathematics plays a major role in describing and predicting what is happening around us. This class is open to anyone with a mathematically curious mind. No knowledge of math beyond elementary high school math is required.
Beginning Synchronized Swimming	The course will introduce you to the sport of synchronized swimming. Safety aspects of the sport, judging, scoring as well as rotary kick, sculls, float patterns, simple figures, and stroke modifications will be covered.
Diverse Drumming Techniques and The Djembe Rhythmic Drum Patterns from the Continent of Africa	Learn different styles of drumming, the history of African drumming and how the drum and other African instruments play an important role in African ceremonies, the purpose and symbols of drum beating and practicing some drum techniques that impact the lives of different cultures in the continent of Africa and those in the Diaspora. People will learn and discover new insights about language and drumming, the care for African drums and how to tune drums etc.
Drawing on the Right Side of the Brain	Have you always wanted to learn how to draw? Betty Edwards’s book, Drawing on the Right Side of the Brain, was first published in 1979, and has been used by artists and teachers ever since to unlock the sub-dominant side of the brain. Come be a part of this short class and discover a confidence in your abilities as you deepen your artistic perception. You will watch a brief video on the first day and then spend the next three days learning how to see and how to draw. Don’t worry! It will not be overwhelming or intimidating and we are saving seats for beginners only.

<p>Eerie in Theory: An Exercise in Fringe Thought</p>	<p>Join Stephanie and Megan as we explore the “what if?” of conspiracy theories. During this class, we will explore the desolate, vast continent of Antarctica; inspect the secrets of the Moon and Mars; unlock celebrity conspiracies; and examine the mysteries of Nicola Tesla. This class is a great fit for the conspiracy theory enthusiast, as well as, for those who are curious to learn more about topics that exist within the realm of fringe thought. Expect lively discussion and courteous mutual respect as we investigate the “what if?” Note: This class is meant to be apolitical in nature though historical events will be discussed. It is intended to entice the curiosity of its participants and inspire them to consider the possibilities of the world around us. The instructors will neither confirm nor deny their belief in yetis, aliens, wormholes, the multiverse, etc.</p>
<p>I Love Books: Mystery/Suspense Genre</p>	<p>Are you a bookworm, a bibliophagist, or a bibilophile? Do you hate the thought of moving because of all the boxes of books you will have to pack? Have you ever spouted a “the book was better” diatribe? This class will be for you, if you love books and, in particular, books that deal with mystery and suspense. This class will discuss authors, books and basic history of the genre.</p>
<p>Life is Better with Bacon</p>	<p>Come explore the flavorful world of bacon as we prepare mouthwatering dishes, taste test different varieties, explore flavors, and even cure our own bacon. WARNING: participation in the class may cause others to be attracted to you, due to the aromatic smells that linger from cooking bacon.</p>
<p>Line Dancing</p>	<p>What do the Hustle and the Chicken Dance have in common? They are both line dances! Jump right in and get moving with an assortment of short line dances from a variety of musical genres and cultures. Don’t be a wallflower, get up and dance!</p>
<p>Reader's Theater</p>	<p>Have you always wanted a (short) career in theater but were afraid you couldn’t memorize all those words? Readers’ Theater is an art form that goes beyond simply reading lines. We use our voices to convey emotion rather than props and costumes. Cuttings from <i>When I am an Old Woman I Shall Wear Purple</i> (Edited by Sandra Haldeman Martz) as well as other sources will culminate in a short, fabulous performance.</p>

Tennis 101	This class will start with the basics of holding a racket and learning the fundamentals of how to play tennis. We will focus on hitting forehand and backhand. We will play drills that will enhance the learning and enjoyment of tennis.
Short Morning Class C	10:00 – 11:00
Ahead of the 8 Ball - Billiards for everyone!	Have you ever wanted to know a little more about billiards, but haven't known quite where to start? Spend some time learning the history of the game, the most common rules and even some key details to make you look a bit more like a natural in the pool hall.
Baubles & Beads	Decorative shells and beads from bone and teeth are some of the earliest pieces of jewelry ever found. And did you know that the word <i>jewelry</i> is an anglicized form of the Latin word <i>jocale</i> which means plaything? Come play with us! In this class, we will briefly look at the history of jewelry and the various materials that have been used over time in jewelry making. You will have the opportunity to create a wonderful, one-of-a-kind piece of your own, using a variety of beads, chain, and metal. The spotlight element in the piece will be a star and daisy, from there you can create earrings, a pendant necklace or a bracelet, and each piece will vary based on your imagination! All supplies will be furnished, however if you have a special bead(s) you would like to incorporate into your masterpiece, please bring them along.
Music of the 60s: The British Invasion	We will follow the wave of British bands that swept the US during the 1960s. This class focuses on two of those bands: the Beatles and the Rolling Stones. We will listen to select songs and consider each group's impact on society and culture.
History of the Commedia dell'Arte	A unique style of theater emerged in Italy during the sixteenth and seventeenth centuries. Classical Greek theater vanished with the spread of Christianity and theater was just emerging again as an acceptable art form. Traveling players portrayed exaggerated, stock characters using loosely scripted stories. In class, we will see what this often-overlooked form of theater looked like, become familiar with some of the playwrights, examine its influence on Shakespeare and our modern theater, and perhaps even try moving like some of the characters.

Tennis for Intermediate Players	This class will be an intermediate class for tennis. We will do a quick overview of tennis fundamentals but get right into play. During this time, we will play games that strengthen your forehand, backhand and volleys, as well as playing against fellow classmates.
Read with Cottey	Discover Cottey's commitment to women's leadership, social responsibility, and global awareness through the Common Reader program. You will read and discuss <i>Killers of the Flower Moon: The Osage Murders and the Birth of the FBI</i> , by David Grann, the book most recently taught in the first-year writing seminar course.
Swimming for the NON- swimmer	This is a beginning swimming class designed especially for adults who never had the opportunity or have a fear of the water. It will be very slow-paced with a focus on learning that will help you develop a comfort level in the water. Safety aspects, floating, treading, and basic propulsion techniques will be covered.
Yoga for All	This class will be a mixed-level approach to self-paced activity to enhance strength, flexibility, endurance, and balance. Modifications will be offered for poses for all ranges of ability and experience. There will be portions of the class that take place sitting and lying on the floor, but may be modified to be done sitting in a chair.
Long Afternoon Class	
1:00 – 3:30	
Astronomy Zero to Backyard Hero	Are you an Astronomy Zero who wants to become a Backyard Hero? Are you fascinated by the night sky, but can't really say more than "the moon is up"? We'll be spending our time learning about the skies, different types of telescopes, and what to look for when purchasing a personal telescope. Come with no background and by the end be able to confidently use a backyard telescope during an evening session under the stars (weather permitting), as well as find constellations and tell the stories of their myths. We will also explore how modern astronomers understand our solar system, galaxy, and universe.

Chinese Cuisine
Cooking

In this class, you will learn how to cook a few very traditional Chinese dishes and snacks. Some of the recipes we will follow are Mapo tofu, Kung Pao Chicken, Sichuan cold noodles, egg tart, and rice dumpling. You will have the chance to participate in the whole process from preparation to cooking and eating! The cooking methods that will be used in this class are stir-frying, boiling, and baking. You will also be introduced to some basic Chinese condiments and learn how to use them.

Cottey Book Club

Looking for a new book for your book club? Want to revisit a classic novel? Interested to learn more about women writers? Curious about the kinds of books English majors read at Cottey? If you answered "yes" to any of these questions, this class is for you! In this class, we will travel back in time and to several countries/regions in our study of four different books. We will begin our discussion of each book with literary, biographical, and historical context, and then we will spend the rest of the period analyzing the texts from a variety of perspectives. To get the most out of the course, you should read the books before coming to Vacation College.

The course schedule will be as follows:

Day 1: *Treacherous Texts: U.S. Suffrage Literature, 1846-1946*, edited by Mary Chapman and Angela Mills

Day 2: *The Vagabond* by Colette (1910)

Day 3: *Save Me the Waltz* by Zelda Fitzgerald (1932)

Day 4: *Their Eyes Were Watching God* by Zora Neale Hurston (1937)

Great Romantic
Comedies

Two amazing film genres rolled into one! We will see four Hollywood romantic comedy films: *The Belle of New York* (1952), a splashy period musical with Fred Astaire and Vera-Ellen; *It Happened One Night* (1934), the original screwball comedy, directed by Frank Capra and starring Claudette Colbert and Clark Gable; *Libeled Lady* (1936), a sparkling comedy of mixed-up love with Myrna Loy, Jean Harlow, Spencer Tracy and William Powell; and *How to Marry a Millionaire* (1953), with Lauren Bacall, Betty Grable and Marilyn Monroe as gold-digging friends determined to land rich husbands.

Let's Play Canasta!

Canasta is a card game of the rummy family that originated in South America in 1939. It was introduced to the United States as *Argentine Rummy* in 1949. Perhaps you played some time ago, or maybe you've never learned, but now you have an opportunity to join the Canasta craze! Canasta is a fun card game typically played with two 2-person teams. The first day you will learn the rules and play some practice rounds. The following three days, you'll be playing actual games. We will switch up partners each day and, while it may get a bit competitive, it is definitely all in good fun!

Make Your Mark

Come and feel at home on the range with this firearm and archery skills class. State-certified instructors will demonstrate the fundamentals of firearm safety and handling in a classroom environment followed by a day at the range. The instructor's goal is to increase the confidence of the guests in their ability to safely handle firearms and the proper technique in shooting. The second part of the class will be instruction in the use of a compound bow. Students will learn the proper handling, sizing, and draw strength when choosing a bow and how to properly shoot a bow at targets. Participants of the class will then put their newly-acquired knowledge to use in a day of target practice with compound bows and crossbows. *All firearms and needed gear will be supplied and you may not bring your own equipment.*

Planning a Journey

Do you fancy travel or like to travel fancy? No matter your tastes in travel, this course will help you navigate the many travel websites and blogs to plan a journey of your choosing. You will learn how to explore various Internet web-based travel sites to get the best deals on flights, hotels, attractions, and restaurants. Learn how far in advance to book airline tickets, what Amtrak train routes are available, and about Megabus and Flixbus in the U.S. and Europe and discover Airbnb and VRBO. You will learn about blogs and explore travel-related blogs and websites. Come with a destination in mind and you will be able to plan a journey using a Cottey computer with guided instruction as you explore the world of travel planning. We will pool our relevant knowledge, and everyone is encouraged to bring questions and concerns about travel. *A basic understanding of Internet navigation skills is required for this class.*

Pickleball
(intermediate/advanced)

For Pickleball lovers only! The game of Pickleball has been spreading across the US and world like wildfire. Pickleball was invented in 1965 just outside of Seattle by three dads as a vacation diversion for their families. According to the USA Pickleball Association, there are now nearly 4,000 places around the country where the game is played. Add Cottey College to that list! Pickleball may be played as a fast game like badminton or at a slower pace taking the ball on a bounce. This class is for intermediate and advanced players.

The Art of Abstract
Collage

Join us in this creative class as we explore texture, color, line, shape, and form. You will print collage papers for two days using stencils, stamps, leaves, plastics, and found objects. On the third day, you will assemble and glue the papers onto a canvas board. The instructor will guide you with points of visual interest, design concepts, and general principles of art. Arranging and gluing down the papers and layering of paper will create interesting shapes, texture, lines, and more. Step out of your comfort zone and create a fun project with no experience necessary. This class promises to be lots of laughs and fun!

<p>Valuing your Personal and Mental Health</p>	<p>Boost your happiness, promote inner healing, and add meaning to your life through our diverse relaxing and calming meditation techniques. Connect more strongly or reach out to your inner spirit as you are introduced to a holistic approach to meditation that uses various techniques and guided imagery. The goal is to promote quality of life, mentally, socially, and physically through an energized body and renewed mind.</p>
<p>Voices of the Votes for Women Campaign</p>	<p>As we celebrate the centennial of the ratification of the 19th Amendment, which barred sex as a reason to be denied the right to vote, it is fitting to spend some time with the women who fought for a political voice. In this class, you will learn about some of the women of the Suffrage Movement and read their ideas in their own words. Biographical material will be presented and we will discuss each woman's leadership attributes and style. We will then read aloud selections from her speeches, letters, or articles. We will focus on well-known women such as Susan B. Anthony, Elizabeth Cady Stanton, Jane Addams, and Alice Paul but also lesser known suffragists Lucy Stone, Victoria Woodhull, Nannie Helen Burroughs, and Emma DeVoe.</p>
<p>Short Afternoon D</p>	<p>1:00 – 2:00</p>
<p>Fascinating Rhythm</p>	<p>Life is full of fascinating rhythm! Strike up the band and explore various percussion instruments to learn about rhythm and create music together. A background in music may be helpful but is not required.</p>
<p>Get Crafty with Clay</p>	<p>Clay projects can be simple or complex, but they are always fun! In this class, you will have a chance to create small projects with air-dry or low-fire clay and paint or glaze pieces of bisque ware.</p>
<p>Golf - Short Game</p>	<p>Golf is a fun lifelong activity that can be played throughout your life. This short game class will cover some key fundamentals of putting, chipping, and pitching while keeping the learning fun and easy to understand. Game-based learning will also be used to keep the class fun and creative.</p>
<p>Signs of HOME</p>	<p>Our favorite Robertson residence hall director Blaklee is feeling crafty and wants to light your fires of creativity! With bows, glue, and paint, she will help you with a project that you will be able to hang on the doors in your life. This year you will be creating door hangers with interchangeable magnetic pieces for different occasions or seasons.</p>

<p>Leadership Fun and Games</p>	<p>Have you ever wanted to play games with members, friends or family members that weren't just fun but also had a purpose? Let's spend some time with leadership games and activities that you can use at meetings, family gatherings, and game nights.</p>
<p>Line Dancing</p>	<p>What do the Hustle and the Chicken Dance have in common? They are both line dances! Jump right in and get moving with an assortment of short line dances from a variety of musical genres and cultures. Don't be a wallflower, get up and dance!</p>
<p>Old Time Folk Dances on the Prairies – History & Context</p>	<p>This course introduces the fiddle dances that Dr. Quick studies in their historical context as well as in their movement practice. For the first half of the afternoon, students will learn about the dances' historical and cultural origins, changes, and variations. The second half of the afternoon will be dedicated to trying the dances out. Students will first try out the easiest dances, “The Heel Toe Polka,” “The Butterfly Dance,” and “Schottische” and then move on to more challenging forms that include step dancing. You may sign up for both classes or either one. This is the lecture/discussion part of the presentation and is the first of the two classes.</p>
<p>Puzzles and More</p>	<p>Do you enjoy puzzles and brain-teasers? Then come join us for puzzles of all shapes, sizes, and types. We'll have flat and 3D puzzles from easy to evil levels of difficulty. There will be brain-teasers, riddles, and more to challenge your brain and make you laugh.</p>
<p>Who Do You Think You Are? An Enneagram Investigation</p>	<p>Take a look deep inside as we investigate personality through the enneagram spectrum. Have you ever wondered why people are motivated to do the things they do? Perhaps you've marveled at how some people are so open, or easy-going, or even contentious? Have you wished for better tools to understand your loved ones? Explore your inner self and purpose through an examination of the enneagram personality spectrum. This class will survey the enneagram personality types and their wing variants. Expect lively discussion on this journey of self-discovery!</p>
<p>Short Afternoon E 2:30 – 3:30</p>	
<p>Adventures in Travel: Spain</p>	<p>Spain is a very diverse country geographically and culturally. From the Mediterranean Sea to the Atlantic Ocean with many mountain ranges and valleys and rivers in between, Spain offers many varied climates and landscapes. Also, as a country with a long history and diverse ethnic groups, Spain has a very rich culture: regional cuisines, cosmopolitan cities and medieval towns, museums and cathedrals, many architecture styles, famous World Heritage sites, religious and secular festivals,</p>

	<p>arts and traditions, vibrant and friendly people, and much more. In this course, you will be introduced to an overview of the country, learn about suggested destinations, and pick up travel tips and other practical advice for enjoying this beautiful country.</p>
Beer Appreciation 101	<p>"Beer is proof that God loves us and wants us to be happy." ~ Benjamin Franklin</p> <p>In this discussion-based class, you will learn the history of major ale and lager styles, and will sample a variety of beers each day to gain an understanding of beer identification by way of aroma, flavor, color, body, mouth feel and carbonation. The class will discuss how marketing and branding of beer by the craft beer brewing industry has, over the past two decades, contributed to the blurring of lines between traditional beer styles. At the conclusion of the class, you will most likely be able to distinguish between ale and lager beers, and easily identify Pilsner, Stout, Bock, American light, bitter, pale ale and IPA.</p>
Beginner's Crochet	<p>Learn the fundamentals of crochet in a relaxed environment. Impress friends and family alike as you develop the skills to make heartfelt, homemade gifts of love. Defy all those who have ever doubted your creative abilities! In this class, you will learn the basics of crochet: foundation chains, stitches, reading patterns, changing colors, handling and learning about yarn, and more!</p>
Glass Etching Christmas Crafts	<p>Get into the Christmas spirit early with this Christmas-themed crafting class! You will be instructed on how to make a variety of glass projects. On the first day, you will learn about glass etching and will be led in making a custom glass cutting board with your choice of design. Prior to the event, you will be sent three decorative options from which to choose. On the following days, you will create several different glass ornaments using various decorating techniques. They will make a great addition to your tree or awesome Christmas gifts! Examples of the cutting board and one of the ornaments that will be made are below. Note: You may request plastic ornaments instead of glass if you are worried about traveling with glass ones. They will still look just as pretty!</p>
Old Time Folk Dances on the Prairies - Dances	<p>This course introduces the fiddle dances that Dr. Quick studies in their historical context as well as in their movement practice. For the first half of the afternoon, students will learn about the dances' historical and cultural origins, changes, and variations. The second half of the afternoon will be dedicated to trying the dances out. Students will first try out the easiest dances, "The Heel Toe Polka," "The Butterfly Dance," and "Schottische" and then move on to more challenging forms that include step dancing. You may sign up for both classes or either one. This is the active, dancing part of the presentation and is the second of the two classes.</p>

<p>I Love Books: Science Fiction/Fantasy Genre</p>	<p>Are you a bookworm, a bibliophagist, or a bibilophile? Do you hate the thought of moving because of all the boxes of books you will have to pack? Have you ever spouted a “the book was better” diatribe? This class will be for you, if you love books and, in particular, books that deal with science fiction and fantasy. This class will discuss authors, books and basic history of the genre.</p>
<p>Swimming for Swimmers</p>	<p>The course will review the four competitive swimming strokes (front crawl, breaststroke, backstroke and butterfly). Stroke critiques and drills to help improve technique, breathing and stamina will be covered.</p>
<p>Yoga for All</p>	<p>This class will be a mixed-level approach to self-paced activity to enhance strength, flexibility, endurance, and balance. Modifications will be offered for poses for all ranges of ability and experience. There will be portions of the class that take place sitting and lying on the floor, but can be modified to be done sitting in a chair.</p>