```
for    in              100
```

```
print            5            -5
```

[0, 1, 4, 9, 16, 9025, 9216, 9409, 9604, 9801]

Example

```python
squares = []
for x in range(100):
    squares.append(x**2)


print(squares[:5] + squares[-5:])
# [0, 1, 4, 9, 16, 9025, 9216, 9409, 9604, 9801]
```

[   ]