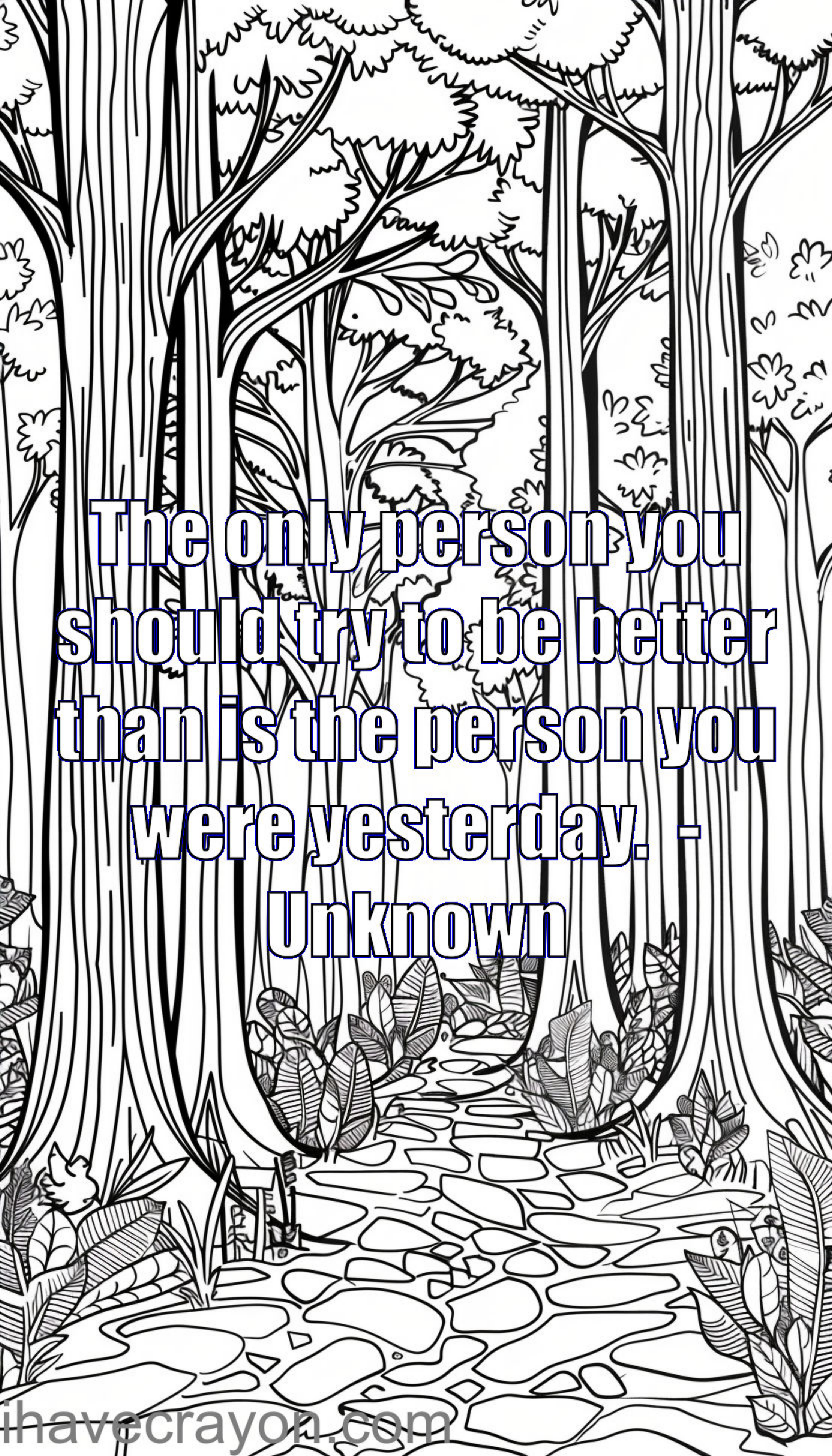




The only person you  
should try to be better  
than is the person you  
were yesterday. -  
Unknown