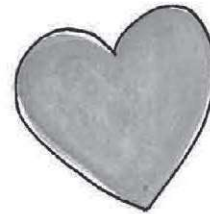




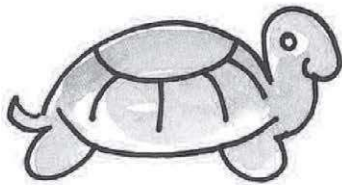
## The Four "S"s



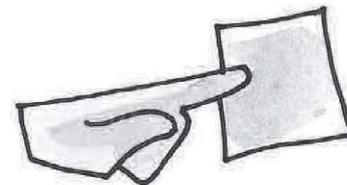
Say Less



and Stress



Go Slow



and Show



Repeat Often!