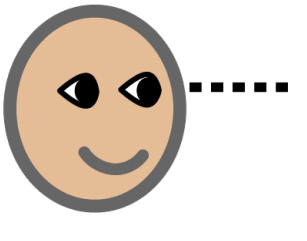
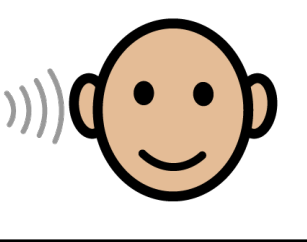
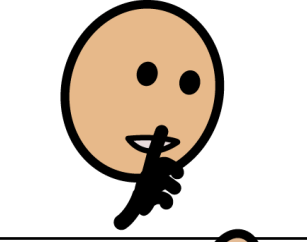
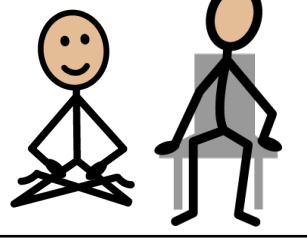
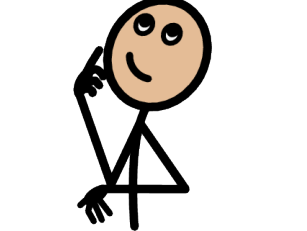


Rules for Good Listening

1.  Eyes looking
2.  Ears listening
3.  Mouth quiet
4.  Body still
5.  Brain thinking

Now I'm in the green zone!