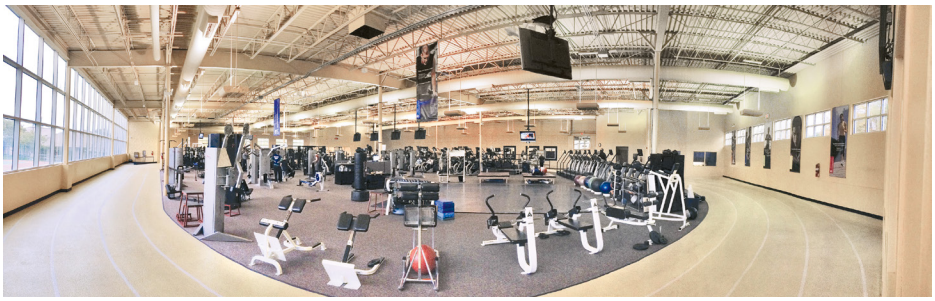

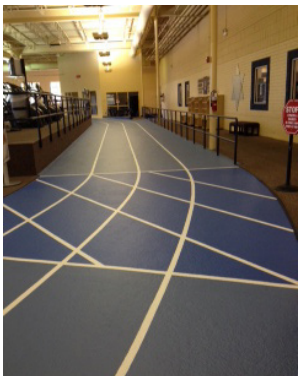

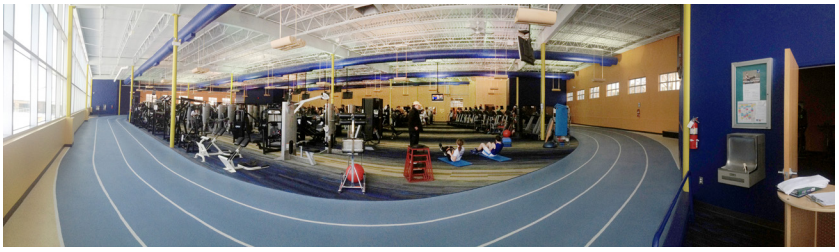
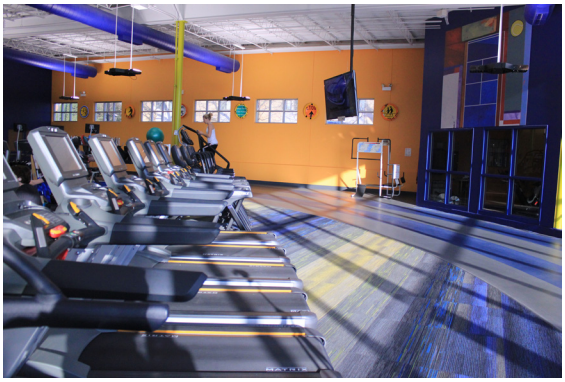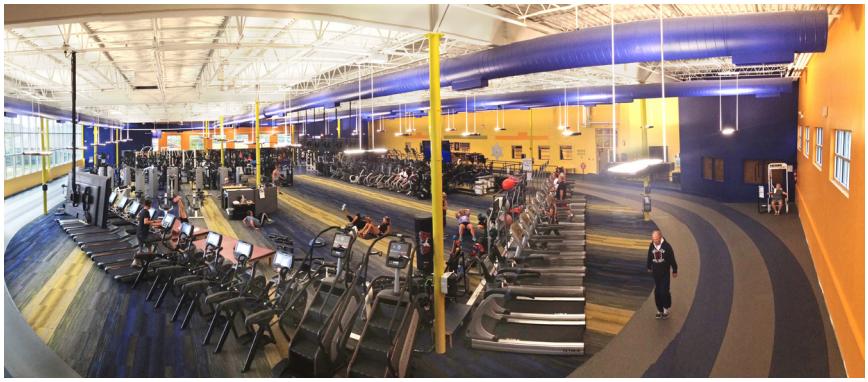
Live fo day, train for tomorrow.