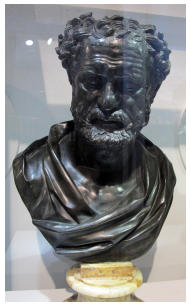
"Day by day, your choices, your thoughts, your actions fashion the person you become. Your integrity determines your destiny."

--Heraclitus