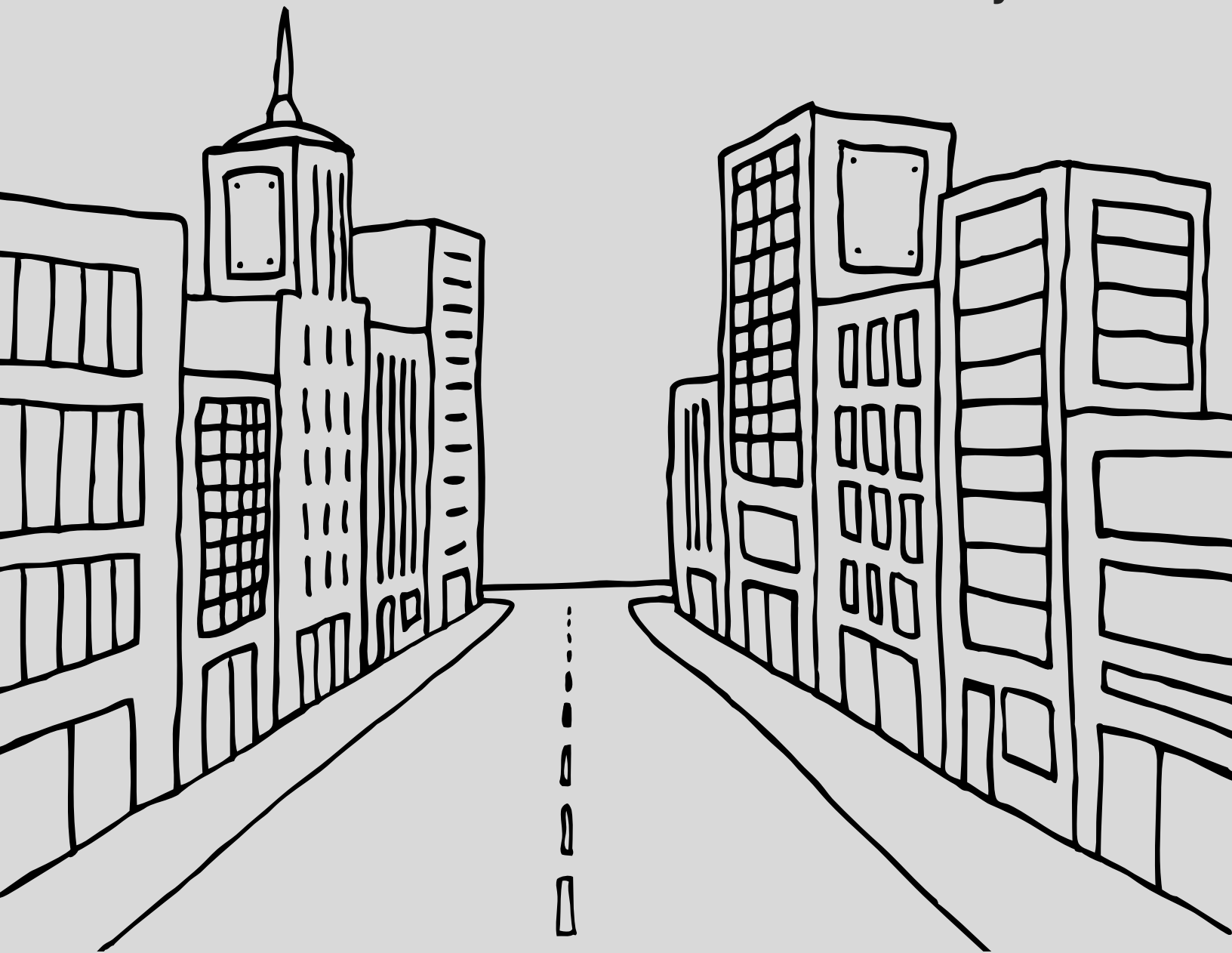


Whoever is slow to anger is  
better than the mighty,  
and he who rules his spirit  
than he who takes a city.



Proverbs 16:32