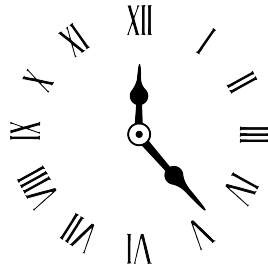


A ship in harbour is safe,
but that is not what ships are built for.

-John A Shedd



Everyone must choose one of two pains:
The pain of discipline
or
The pain of regret.