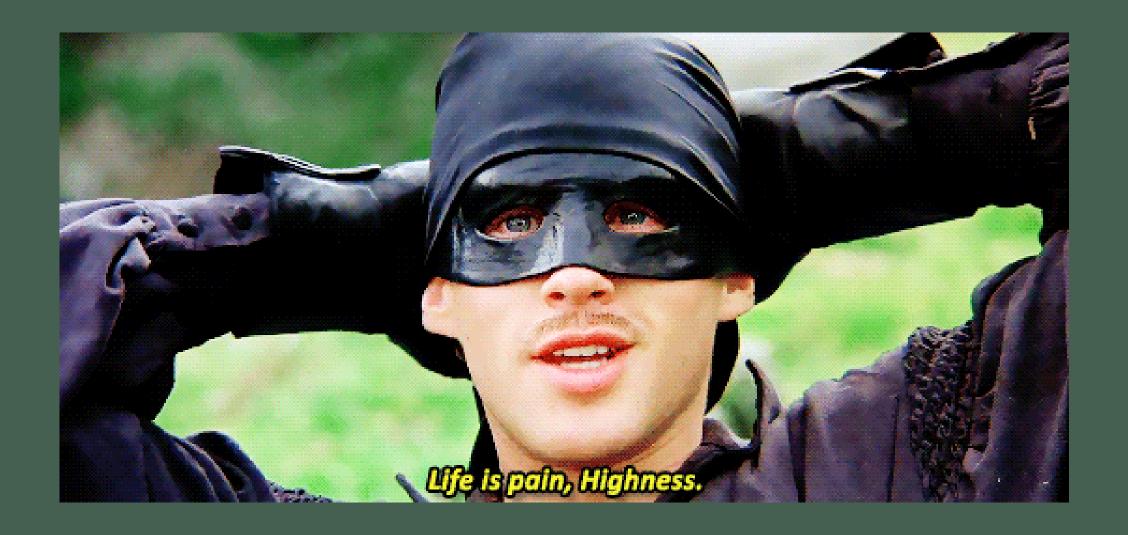




Self-Care (and Accepting Help)















"Most of us keep a pretty low profile around here, and I suggest you do the same!"



