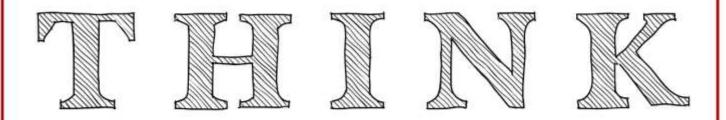
Before you speak:



= ls it True?

= ls it Honest?

= ls it Inspiring?

= ls it Necessary?

= ls it Kind?

The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things. Proverbs 15:28