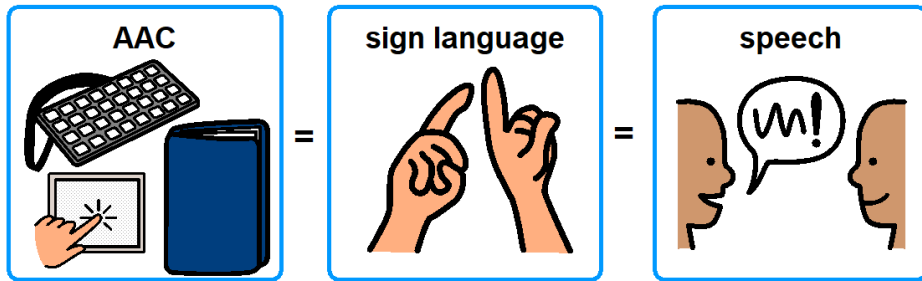




**AUTONOMY IS...**  
SAYING THE WORDS THAT YOU'RE THINKING



**Anyway that you say it, we'll listen.  
It's your message that counts!**

# LEAVE THE DISHES!



# TIME IS GOLD



“Speech (communication)  
is the most important  
thing we have. It makes us  
a person and not a thing.  
No one should ever have  
to be a “thing”

- Doreen Joseph



"Begin with the  
end in mind."

- Stephen Covey

