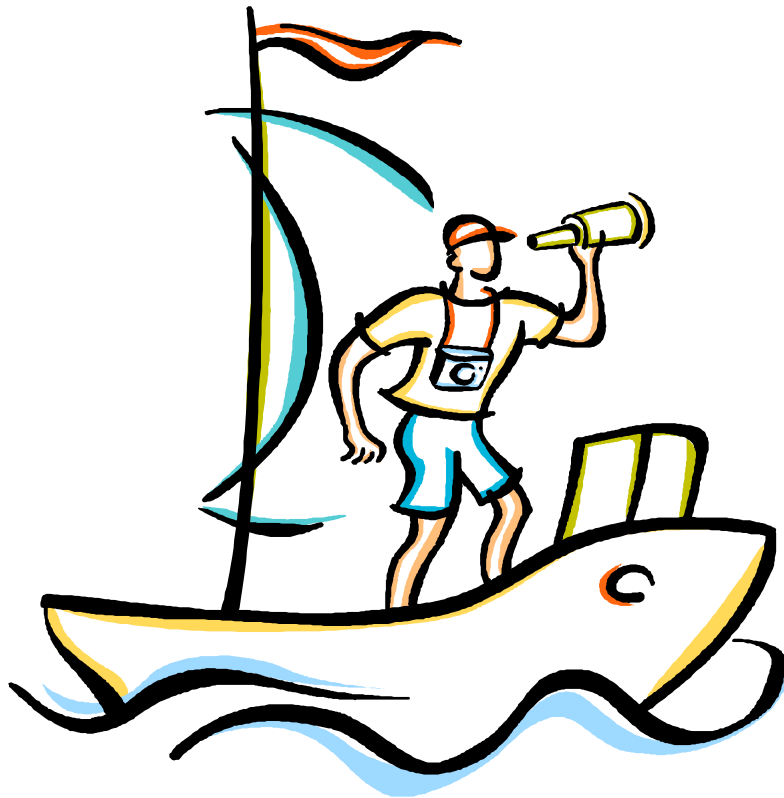


You Can't Change the Direction  
of the Wind...



But you can  
adjust your Sails and  
EAP can Help!

Contact Your IAM District 141 Employee Assistance Program Coordinator