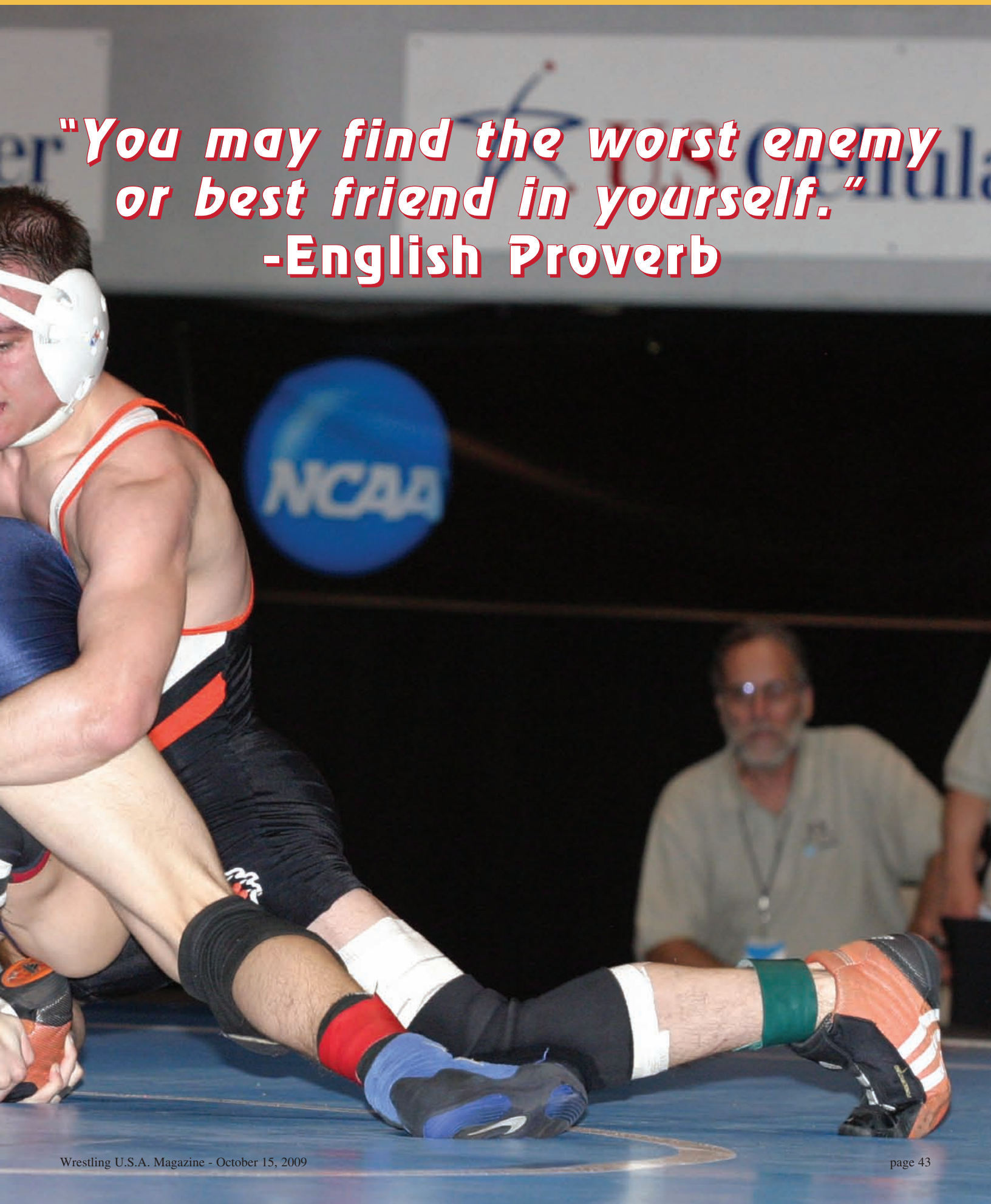
"You may find the worst enemy
or best friend in yourself."
-English Proverb
NCAA