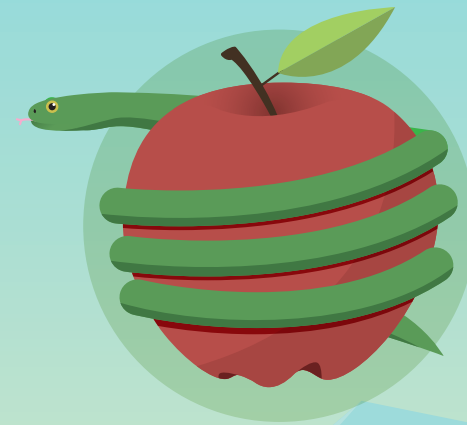




— TICKS —

- WEAR CLOTHES THAT COVER YOUR BODY.
- STAY IN THE MIDDLE OF TRAILS.
- AVOID WOODED AREAS WITH TALL GRASSES AND DEAD LEAVES.
- SPRAY WITH A BUG REPELLENT.
- BOTTOM LINE: WATCH AND SPRAY.



— TEMPTATIONS —

- PUT ON THE WHOLE ARMOR OF GOD.
- STAY IN THE CHURCH.
- AVOID WORLDLY INFLUENCES.
- PRAY TO REPEL TEMPTATION.
- BOTTOM LINE: WATCH AND PRAY.