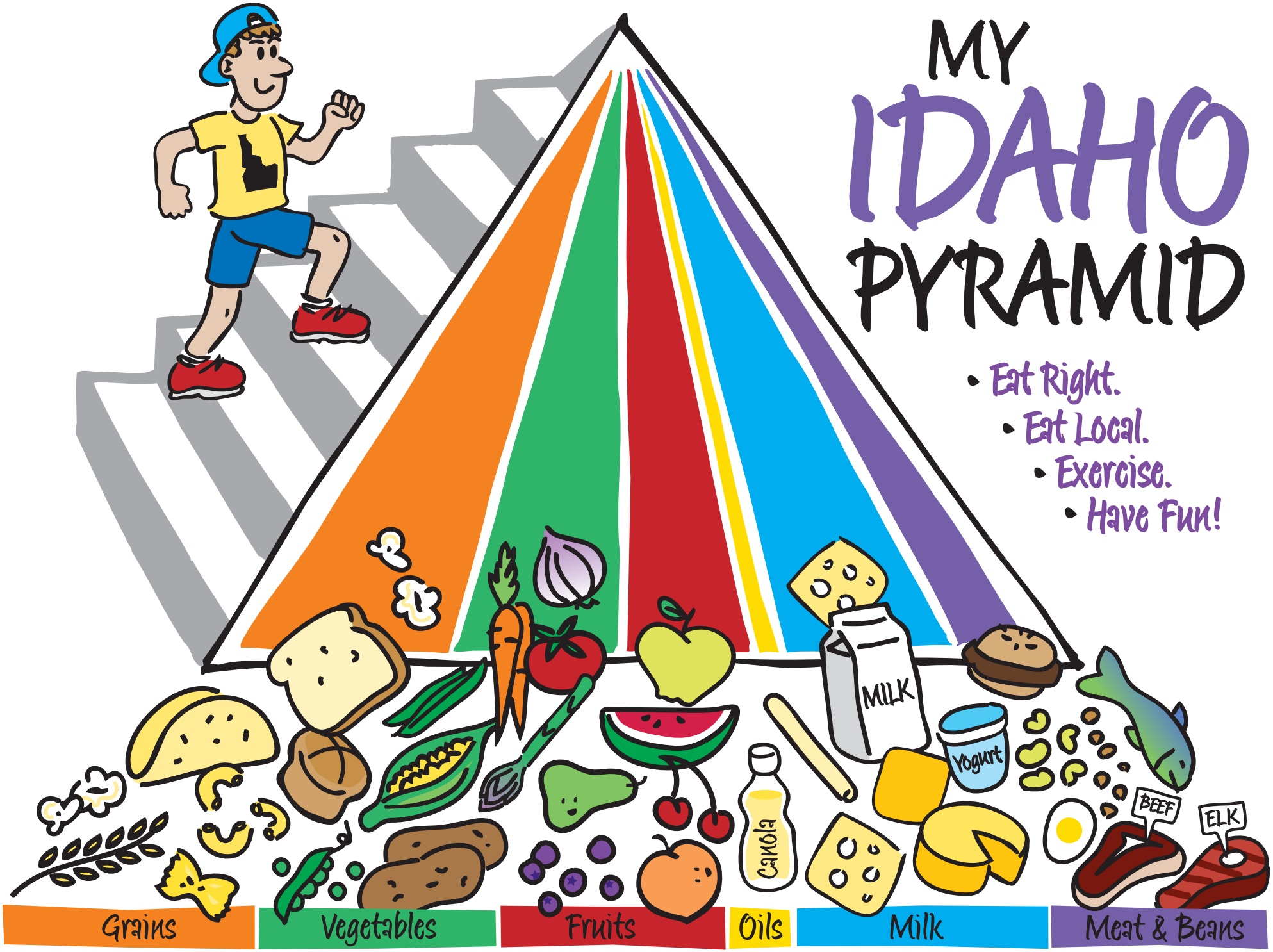
MY IDAHO PYRAMID

- Eat Right.
- Eat Local.
- Exercise.
- Have Fun!