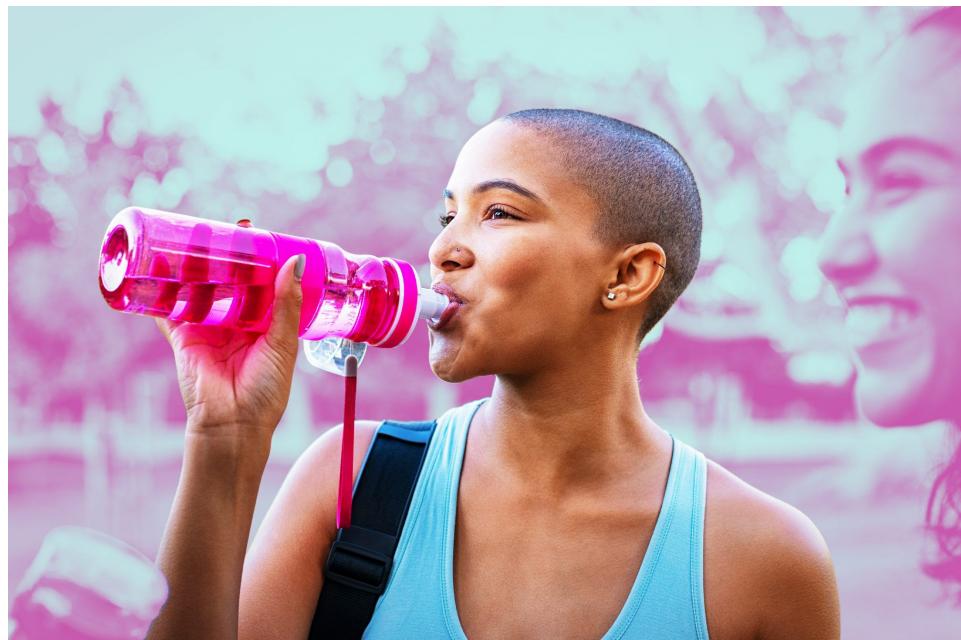


MEIN FITNESS

? Ub b ·Hf]b_k UggYf ·hUhgÀWÀ`]WÀ`VY]a
5VbY\ a Yb \Y`ZYb3

K Ybb ·G]Y j Yfgi WÀ Ybž; Yk]WÀ hni j Yf]YfYbž _ÒbbYb
Y]bZUWÀ Y ŸbXYfi b[Yb ·Ub ·ÀfYa @YVYbggh]`k]Y `Àb[YfY
GdUn]Yf[Àb[Y]a : fY]Ybžk Yb][Yf ·GhfYgg i bX'a Y\ f
K UggYfhf]b_Yb ·U`g ·X]Y ·Ua ·k Yb][ghYb ·ØVYfk À`h][YbXY i bX
j]Y ``Y]WÀ h`bUWÀ \U`h][ghY ·J cf[Y\ Ybgk Y]gY ·YfgWÀ Y]bYb" ·5VYf
Ub b ·Y]bY ·9f\ Ø\ i b[·ÀfYf < &C!5i ZbU\ a Y ·ÀbYb ·k]f ·]WÀ
XUVY] ·Y`ZYbž ·ÀfY ·N]Y ·Y ·ni ·YffY]WÀ Yb3 ·I bX ·k Ybb ·Už ·k]Y ·j]Y ·
K UggYf ·gc ``hY ·a Ub ·ni a ·5VbY\ a Yb ·hf]b _Yb3 <]Yf ·VfYWÀ Yb
Yg ·nk Y] ·9fbÀ\ fi b[gdfcZ]g ·Ui Z ·K Ufi a ·]gh ·K UggYf ·ØVYf \Ui dh
k]WÀ h][3 ·6Yj cf ·G]Y ·X]Y ·8 @ ·ØVYf ·X]Y ·dchYbn]Y ``Y ·F c ``Y ·j cb
K UggYf ·VY] ·XYf; Yk]WÀ hgUVbU\ a Y ·Yf \U`hYbž ·gc ``hYb ·G]Y ·X]Y
k]WÀ h][ghYb ·J cfhY]Y ·_YbbYbž ·X]Y ·Yg ·a]h ·g]WÀ ·Vf]b[hž
ØVYf \Ui dh \mXfUh]g]Yf h ·ni ·V ·Y]VYb": Øf ·XYb ·5bZUb[
/ Ua d ·ÀY ``]d /



K Ybb ·G]Y j Yfgi WÀ Ybž; Yk]WÀ hni j Yf]YfYbž _ÒbbYb ·Y]bZUWÀ Y
ŸbXYfi b[Yb ·Ub ·ÀfYa @YVYbggh]`k]Y `Àb[YfY ·GdUn]Yf[Àb[Y]a
: fY]Ybžk Yb][Yf ·GhfYgg i bX'a Y\ f ·K UggYfhf]b _Yb ·U`g ·X]Y ·Ua

k Yb][ghYb ØVYfk Å`h][YbXY i bX j]Y`Y]WX h`b UW\U`h][ghY
J cf[Y\Ybgk Y]gY `YfgWX Y]bYb" 5VYf _Ubb `Y]bY 9f\Ø\i b[`ΔfYf < &C!
5i ZbU\ a Y`ΔbYb k]f_][WX XUVY]\Y`ZbžΔfY N]Y`Y ni `YffY]WX Yb 3
I bX k Ybb `Užk]Y j]Y`K UggYf gc `hY a Ub ni a 5VbY\ a Yb
hf]b_Yb 3<]Yf VfYWX Yb Yg nk Y]9fbÀ\ fi b[gdfcZg`Ui Z`

'' K Ufi a][gh`K UggYf ØVYf\Ui dh`k]WX h][3''

6Yj cf G]Y`X]Y`8@ØVYf`X]Y`dchYbn]Y`Y`F c`Y`j cb`K UggYf`VY]`XYf
; Yk]WX hgUVbU\ a Y`Yf\U`hYbžgc `hYb`G]Y`X]Y`k]WX h][ghYb`J cfhY]`Y
_YbbYbžX]Y`Yg`a]h`g]WX`Vf]b[hžØVYf\Ui dh\mXfUh]g]Yfh`ni `V`Y]VYb"
: Øf`XYb`5bZUb[`]Zh`XUg`hÀ[`]WX Y`Hf]b_Yb`XYf`Ya dZc\`YbYb
A Yb[Y`Ub` : `Øgg][_Y]h` `gY]Yg`fY]bYg`K UggYfž? fÀi hYfhYYž? UZZYYž
Ga cch\]Yg`cXYf`Gi ddYb`i bX`x[\i fh`fWž`ZØgg][Y`@VVYbga]hhY`
nÀ\`Ybž`ž`XUa]h`Δf? ØfdYf`fY]Vi b[g`cg`Z b_h]cb]Yfhž`gU[h`A c`m
? ja VU`ž`F 8ž`7GG8ž`Y]b`fY[]ghf]YfhYf`9fbÀ\ fi b[gVYfUhYf`a
CWXgbYf` :]hbYgg`7YbhYf`]b`BYk`Cf`YUbg`i bX`A cXYfUhc`XYg
DcWXUghg` : I 9@98`K Y`bYgg`ž`B i hf]h]cb` : `Øgg][_Y]hYb`gd]Y`Yb
Y]bY`F c`Y`VY]`VYgh]a a hYb`GhcZk`YWXgY`dfcnYggYbž`k]Y`XYf
J YfxUi i b[`j cb`? c\`Yb\mXfUhYbž` YhhYb`i bX`DfchY]bYb`i bX`XYa
5VVUi`XYf`J]hUa]bYž`X]Y`G]Y`YggYbž`]b`Y]bY` : cfa ž`X]Y`j cb`ΔfYa
? ØfdYf`Ui Z[Ybca a Yb`i bX`j Yfk YbXYh`k YfXYb`_Ubbž` i bX`XU\Yf
]gh`i bgYf` : `Øgg][_Y]hgghUh`i g`ZØf`U`Y`bch`YbX][`X]YgY`8]b[Y
ghUh`Z`bXYb`ž`Yf`_`Af`g]Y`5i » YfXYa`nY][h`X]Y` : cfgWX`i b[ž`XUgg
Y]bY` : `Øgg][_Y]hgni Z` \f`ΔfYa`? ØfdYf` \`Zhž`5VZU`ghcZ`Y`fØVYf
GW\k]hnYbž`I f]b]YfYb`i bX`Ghi`[Ub[Èni`YbhZ`fbYbž`XUg`F]g]_c
j cb`B]YfYbghY]bYb`j Yff]b[Yfh`i bX`<Ui hhfcW`Yb\Y]h`]bXYfhž`gU[h
ž`bb]ZYf`A W8Ub]Y`ž`A Gž`F 8Bž`7GG8ž`@8ž`Y]bY`fY[]ghf]YfhY
9fbÀ\ fi b[gVYfUhYf]b`i bX`XYf`6Yg]hnYf`j cb`A W8Ub]Y`B i hf]h]cb
H\YfUdm`

5V[YgY\Yb`j cb`XYf`I b\hYfghØhni b[`][fi bX`Y[YbXYf
? ØfdYfZ`b_h]cbYb`]gh`XYf`? cbgi a`j cb`Ui gfY]WX YbX` : `Øgg][_Y]h
XYf`GW\`ØggYž`i a`Δf`9bYf[]Yb]j YUi`\cWX`ni`\U`hYbž`gU[h
? ja VU` 9]bYg`XYf`YfghYb`5bnY]WX Yb`j cb`gc[Uf`U`Qg`][\hQ
8Y\mXf]Yfi b[`]gh`A ØX][_Y]h` `g]WX`Y]b`k Yb][`hfÀ[Y`i bX`a ØXY`ni

ZØ\`Yb žgU[h'g]Y'' K Ybb'Ya UbX'gU[h'XUgg'Yf'X]YgYb
bUW\ a]hhÀ[`]W\ Yb '9bYf[]YY]bVfi W\ \Uhž'VYj cf'W\ a]f'ØVYf\Ui dh
Ubgy\Yž'k Ug'Yf']gghž'gW\Ui Y']W\ a]f'Ubž'k]Y'G]Y '\mXf]YfYb'g]W\XYb'[
Ubnyb'HU[ØVYf' I bX'cZh'VY_ca a Yb'g]Y'Y]bZUW\ b]W\h
[Ybi [':`Øgg][_Y]h' 5i g'XYa '[`Y]W\Yb'; fi bX'_Ubb'ΔfY
: `Øgg][_Y]hgUi ZbU\ a Y'Ui W\ VYY]bZi ggYbž'k]Y'G]Y'g]W\ k À\fYbX
XYg'HfU]b]b[g'ZØ\`Yb/G]Y'_ØbbhYb'g]W\ Zf]gW\ i bX'ghuf_ ZØ\`Ybž
k À\fYbX'G]Y']bg'GW\k]hnYb'_ca a Ybž'k Ybb'G]Y'Ui gfY]W\YbX'g]bX
\mXfUh]g]Yfhž'i bX'k Ybb'b]W\hž'_ØbbhYb'G]Y'g]W\ ZØ\`Ybž' U'g'cV'G]Y
VYfY]hg'c[[Yb'[Y[Ub[Yb'k ÀfYbž'k Ybb'G]Y ni a 'YfghYb'A U'
'cg'Y[Yb' žgU[h?]a VU'''

I a'[YbUi '\YfUi gni ZjbXYbž'k]Y'j]Y'':`Øgg][_Y]h'G]Y'VYbØh][Ybž
Xua]h'Δf'?ØfdYf'f]W\h]['Z b_h]cb]Yfhž'Ya dZ]Y\`h?]a VU'ž'Δf
; Yk]W\h]b'DZ bX'ni 'bY\ a Yb'i bX'Yg'XUbb'Xi fW\ nk Y]ni 'hY]Yb'
XUg'9f[YVb]g'gh'X]Y'A Yb[Y'Ub':`Øgg][_Y]h']b' I bnYbž'X]Y'G]Y
j Yfgi W\Yb'gc``hYbž'ni '_cbgi a]YfYb'HU["K Ybb'G]Y ni a '6Y]gd]Y'
%) \$'DZ bX'k]Y[Ybž'a ØggYb'G]Y'+) ' I bnYb':`Øgg][_Y]h'dfc'HU['ni
g]W\ bY\ a Ybž'Yf'_Àfh'g]Y''5``YfX]b[g'gc``hYb'G]Y'ZØf'YXYg'DZ bX
GW\k Y]» žXUg'G]Y'j Yf']YfYbž'%* ' I bnYb'a Y\ f'ni 'g]W\ bY\ a Yb
fXYb_Yb'G]Y'.bUW\ XYa'Gd]bb]b[!?i fg'cXYf'VY]a 'K UbXYfb'Ub
Y]bYa '\Y]» Ybž'Zy i W\hYb'HU[žgU[h'g]Y'' K Ybb'G]Y'VY]gd]Y'gk Y]gY
bcfa U'Yfk Y]gY'Y]bYb'a cf[YbX]W\Yb': U\ffUX_i fg'cXYf'Y]bYb
a cf[YbX]W\Yb'6cchW\ a d!?'i fg'a UW\Ybž'_Ubb'X]Yg'Y]b'dUUf'A U'
j cb'JcfhY'`gY]b' ØcQK]Y[Yb'G]Y'g]W\ j cf\Yf'i bX'XUbb
bUW\Yf žgU[h'g]Y'' 8Ubb'VY_ca a Yb'G]Y'Y]b'; YZØ\ ``XUZØfž'k]Y
j]Y'`GW\k Y]» 'G]Y'bcfa U'Yfk Y]gY'k À\fYbX'X]YgYg'HfU]b]b[g
j Yf']YfYb'i bX'QW\UbQN]Y'`]gh'Ygž'a]bXYghYbg'%* ' I bnYb'ZØf'YXYg
j Yf'cfYbY'DZ bX'GW\k Y]» 'k]YXYf'Ui Zni ZØ\`Yb" 'fk U'hYb'G]Y'ZYghž']gh
GW\k]hnYb'[i h'ZØf'G]Y3Ł'

```? Ub b'Hf]b\_k UggYf'VY]a '5VbY\ a Yb  
\Y`ZYb3```

```9g'\_ØbbhY'ΔfY'5i ZbU\ a Y'j cb  
_c\`Yb\mXfUhfY]W\Yb'@YVYbga]hhY'b'fYXi n]YfYb```

GY`Vgh`Y]bY`Y]W\hY`8Y\mXf]Yfi b['_Ubb`XUni`ZØ\fYbž`XUgg`G]Y`g]W\h
a ØXY`i bX`[YfY]nh`ZØ\`Ybž`i bX`]b`X]YgYb`A`Yb`_ØbbhYb`G]Y`g]W\h
k c\`hi YbXYbž`fUZZ]b]YfhYb`?c\`Yb\mXfUhYb`fX]Y`k Yb][`gÀhh][YbXY
6U`UghghcZZY`Ybh\U`hYb`i bX`Ni W_Yf`ZØf`Y]b`Yb`9bYf[]YgW\h i V
ni k YbXYbž`gU[h?]ja VU```8Yf` fi bX. ?c\`Yb\mXfUhY`k YfXYb
gW\h bY`j YfXUi h`Yf\Ø\Yb`XYb`6`i hni W_Yfgd]Y[Y`]b`Yhk U`%)
A]bi hYb`i bX`gYhnYb`gh]a a i b[gUi Z`Y`YbXYg`GYfc`hcb]b`i bX
gÀhh][YbXY`< cfa cbY`ZfY]ž`5VVm`7`Ubž`A Gž`F`8Bž`Y]bY`fY[]ghf]Yfh`
9fbÀ\fi b[gVYfUhYf]b`i bX`A]h]b\UVYf]b`j cb`9J C@J 9` `U[ghUZZ`]b
5f]ncbUž`ni j cf`gU[hY`cfa `` 9g`_ØbbhY`Ni W_Yf`gY]bž`Yg`_ØbbhYb
7\]dg`gY]bž`Yg`_ØbbhY`U`Yg`gY]bž`UVYf`k]f`gi W\h Yb`bUW\h
?c\`Yb\mXfUhYb`ZØf`X]YgYb`A i bhYfa UW\h Yf`cXYf`X]YgYb
Gh]a a i b[gUi Z`Y`Yfž`i a `Yg`]f[YbXk]Y`ni `VY\YVYb`ž`gU[h
?ja VU```5VYf`cZh]gh`XUgž`k Ug`k]f`Yf`YYVYb`cXYf`k Uf`i a `k]f`XUg
ZØ\`Ybž`Ui Z`X]YgY`[Yf]b[Y`8Y\mXf]Yfi b[`ni fØW\h ni ZØ\fYb`

B UhØf`]W\h`g]bX`?c\`Yb\mXfUhY`Y]bY`[i hY`GUW\h`Y`GcVU`X`g]Y`]b
`i _cgY`nYf`Y[h`g]bXž`g]bX`?c\`Yb\mXfUhY`X]Y
<Ui dhVfYbbghcZZe i Y`Y`A`fYg`?ØfdYfgž`i bX`g]Y`gc`hYb`Ui h`XYb
9fbÀ\fi b[gf]W\h`b]Yb`XYg`I G!@UbXk]fhgW\hZga`]b]ghYf]i a g`ZØf
5a Yf]_UbYf`(`Vg`*)`DfcnYbh`A`fYf`[YgUa hYb`hÀ[`]W\h Yb`?U`cf]Yb
Ui ga UW\h Yb`VYfgW\hØgg]`Y`i _cgY`X`X`V`i _cgYž`X]Y
j YfVfUi W\h h`UVYf`b]W\h`ni f`9bYf`]Y[Yk`]bbi b[`j Yfk`YbXYh`k`]fX`
k`]fX`Ui h`A Um`7`]b]W]b`XYf`@YVYfž`XYb`A`i g`Y`b`i bX`UbXYf`Yb
NY`Yb`ni f`gdÀhYfYb`J`Yfk`YbXi`b[`YgdY]W\h Yf`cXYf`]b`Yhh
i a [Yk`UbXY`h`Ni W_Yf`X]Y`bcfa`U`Yfk`Y]gY`k`Yb][`BÀ\fk`Yfh
V]YhYbž`UVYf`(`?U`cf]Yb`dfc`f`Ua`a`UVYb`_ØbbYb`Ui h`XYf`
A Um`7`]b]Wni`f`Yk`]W\h`hgni`bU\`a`Y`VY]hFU`Yb`9`]b`hmd]gW\h`Yg
6Y]gdY`8`Y`FYXi`n]Yfi`b[`XYf`5`i`ZbU\`a`Y`j`cb`ni`[YgYhnh`Y`a`
Ni W_Yf`k`i`fXY`Ui`h`Y]b`Yf`ja`6A`>j`YfØZZYbh`]W\h`Yb`VYfg]W\h`Ui`g
XYa`ž`U\`f`&\$%,`a`]h`Y]b`Yf`Y]W\h`Yb`5`VbU\`a`Y`XYg`?ØfdYf`Yk`]W\h`h`
]b`J`YfV]b`Xi`b[`YVfUW\h`h`k`A`fYbX`Y]b`Y`Ø\`YfY`5`i`ZbU\`a`Y`a`]h`
Y]b`Yf`Yk`]W\h`hgni`bU\`a`Y`j`YfVi`b`XYb`]gh`

8`Ug`VYXYi`h`Yhž`XUgg`G]Y`A`fY`(`Øgg][_Y]h`Ui`ZbU\`a`Y`]a`5`i`[Y`
VY\U`hYb`i`bX`YXYb`HU`A`fY`Ya`dZc`YbY`A`Yb`[Y`YffY]W\h`Ybž`i`a`
XUg`g]bb`cgY`B`UgW\h`Yb`j`cb`_c\`Yb\mXfUhY]W\h`Ybž`
VU`UghghcZZUfa`Ybž`UVYf`a`ca`YbhU`Yb`Yf`]YgdYb`XYb`XYb

@YVYbga]hhY`b`Y]bni XÀa a YbžgU[h?]a VU``HU[žXYb`G]Y
VfUi WXYbžk YfXYb`G]Y`g]W b]W h`bUW ?c\`Yb\mXfUhYb`gY\ bYb ž
gU[h`g]Y'' 9g`[]Vh`gc`j]Y`Y`UbXYfY`8]b[YžX]Y`XUni ` [Y\ÒfYbžUVYf
G]Y`j Yff]b[Yfb`ni a]bXYgh`X]Y`K U\fgW Y]b]W _Y]hž`XUgg`G]Y`bUW
X]YgYb ?c\`Yb\mXfUhYb`[fY]Zbžk Y]`G]Y`X]YgY`Gma dhca Y`Y]bYf
`Y]W hYb`8Y\mXfUh]cb`Yf`YVYb" "

''9g`_ÒbbhY`XUni `ZØ\ fYbž`XUgg`G]Y`g]W j cf`Y]bYf
A U\`nY]h`j c``Yf`ZØ\`Yb ``

K Ybb`G]Y`Ub`K UggYf`fbXYf`Y]bYf`UbXYfYb` : `Øgg][_Y]h`b]ddYbž
XY\bh`g]W A f`A U[Yb`Ui gži bX`VYgh]a a hY`B Yi fc bYbž`X]Y`Y]bY
8Y\bi b[`]a C f[Ub`Yf`YbbYbž`hY]`Yb`A fYa` ; Y\]fb`a]hž`XUgg`G]Y
gUh`g]bXžgU[h`A W8Ub]Y` : c`[`]Wž` k Ybb`k]f`j cf`Y]bYf`A U\`nY]h
K UggYf`hf]b`Ybž`VYghY\h`XUg`Dch`Ybn]Už`XUgg`k]f`Ui Z[fi bX`X]YgYf
<]bk Y]gY`ZfØ\Yf`Y]b`GÀhh][i b[g[YZØ\``YffY]W Yb ž`gU[h`g]Y"
K Ybb`Ya UbX`XUni `bY][hž`[fc`Y`A Yb[Yb`ni `YggYbž`gc`hY`Yf
Yhk Ug`k Y]? fÀi hYfhYY`cXYf`Gi ddY`Ui Z`6fØ\YbVUg]g`ni `g]W
bY\ a Yb`Q`YZcfY`YUh]b[`U`a YU`Q`Ubb`XYZ]b]h`j`XUni `VY]hFU[Ybž
A bYb`X]YgYg`Jc`i a Yb[YZØ\``ni `j Yfa]hhY`b ž`ZØ[h?]a VU``\]bni "

5i W X]Y` : cfgW i b[`ghØhnh`X]YgY`XY` . 9]bY`_Y]bY`Ghi X]Y`Ui g
XYa `W\`f`&\$+\$+`Yf[UVž`XUgg`A ÁbbYf`a]hh`YfYb`5`hYfg`i bX`A`hYfY
A ÁbbYf`k Á\fYbX`Y]bYf`A U\`nY]h`k Yb][Yf`ni `g]W bU\ a Ybž`k Ybb
g]Y` \$`A]bi hYb`j cf`XYa`9ggYb`) \$`A`)]`hYf`fYhk U`%*`I bnYbŁ
K UggYf`hfUb`Yb` : b`A\`b`]W Yf`K Y]gY`ZUbX`Y]bY`Ghi X]Y`Ui g`XYa
`W\`f`&\$+\$-`YfUi gž`XUgg`HY]`bY\ a Yf`a]hh`YfYb`5`hYfg`i bX`A`hYfž`X]Y
g]W`Ub`Y]bY`_U`cf]YbUfa Y`9fbA\`fi b[`]Y`hYb`i bX`) \$`A`)]`hYf
< &C`j cf`YXYf`]\fYf`XfY]`h`[`]W Yb`A U\`nY]h`Yb`ØVYf`%&`K cW Yb
hFUb`Ybž`Yhk U`&`?]`c[fUa a`fYhk U`(`DZ`bXŁ`a Y\`f`j Yf`cfYb`U`g
UbXYfY`X]Y`[YfUXY`Y]bY`_U`cf]YbUfa Y`8]Àh`VYz`[h\`UVYb"

''9g`_ÒbbhY`A fYb`Ghc ZZk`Y`W gY``Y]W h`Yf\Ò\`Yb ``

9bh[Y[Yb`XYf`UbX`A`i Z[Yb`A Y]b[`k`fX`Y]bY`9f\Ò\`i b[`XYf`<&C!
5i ZbU\ a Y`A fYb`Ghc ZZk`Y`W gY``fUi W`VY`Ubbh`U`g`XYf`DfcnYggž
Xi fW`XYb`A`f`?ÒfdYf`B`U\`fi b[`i bX` ; Yhf`Ab`Y`]b`9bYf[`]Y
i a k UbXY`h`b]W h`Yfb`gh`U`h`Ui Z`Hci fYb`Vf]b[Ybž`gU[h?]a VU``

8]Y':cfgWXi b['nY][hž'XUgg'VY]a 'Hf]b_Yb 'j cb 'K UggYf'XYf'DfcnYgg
ni a '5i Zk Åfa Yb'XYg'K UggYfg' 'k Ybb'Yg'[Y_Ø\ 'h]gh' '9bYf[]Y
YfZcfXYfh'i bX'XU\Yf'XYb'GhcZk YWXgY'`Y]WXh'Yf\ Ø\h ž'ZØ[h
A W8Ub]Y``\]bni " C V k c\ ``X]YgYf'JcfhY]'j cf\UbXYb'gY]b'a U[ž
gd]Y'h'Yf'VY]XYf'; YgUa hnU\ ``XYf'Ub'Y]bYa 'HU['j YfVfUbhYb
?U`cf]Yb'Y]bY'gY\f'i bhYf[YcfXbYhY'Fc``Y"'

8 UfØVYf`\]bUi g'_Ubb'Y]bY'GhY][Yfi b['XYg'GhcZk YWXgY`g`bi f
Ui ZhfYhYbž'k Ybb'G]Y'WXfc b]gWX 'XY\mXf]Yfh'g]bX' 'k Ug'VYXYi hYhž
XUgg'G]Y'ΔfY': `Øgg][_Y]hgUi ZbU\ a Y'gY]hHU[Yb'cXYf'K cWX Yb
bUWX'UggYbž'gU[h?]ja VU``' =WX'k ØfXY'b]WXh'gU[Ybž'XUgg'G]Y'Y]bY'Yhk Ug
b]YXf][YfY'GhcZk YWXgY`fUhY'\UVYb'QZ'mci fY'XY\mXfUhYXQ ž
Yf'_Àfh'g]Y": 5`gcž'k Ybb'G]Y'a Y\ f': `Øgg][_Y]h'f]b_Ybž'i a 'XYa
Ybh[Y[Ybni k]f_Ybž'gY\Yb'G]Y'j]Y``Y]WXh'Y]bY'`Y]WXhY'?cffY_hi f']b
X]YgYa 'GhcZk YWXgY`ž'X]YgYf'GhcZk YWXgY`fUhYž'UVYf'Yg'k]fX'b]WXh
k]f_`]WX'Y]b'[fc»Yf'K YbXYdi b_h'ZØf'i bg'gY]b"']b'6Yni ['Ui Z
; Yk]WXhgj Yf'i gh'fU Yfk UbXhY. '8]YgYf'8Y\mXfUh]cbghYgh'Ui Z'H]_Hc_
k]fX'ΔbYb'gU[Ybž'cV'G]Y'Ui g[YXØffh'g]bX£'

I bX'V]g\Yf'ghUa a Yb'X]Y'_cbgYe i Yb'hYghYb
:cfgWXi b[gYf[YVb]ggYž'X]Y'XYb'Ni gUa a Yb\Ub['nk]gWX Yb
Yf\ Ø\hYf'K UggYfUi ZbU\ a Y'i bX'; Yk]WXhgj Yf'i gh'Xi fWX
J YfVYggYfi b['XYg'GhcZk YWXgY`g'i bhYfghØhnYbž' [fØ»hYb'hY]g'Ui g
B U[Yh]Yfghi X]Yb" '8]YgY': cfgWXi b['\Uh[YnY][hž'XUgg'Y]bY'Yf\ Ø\hY
: `Øgg][_Y]hgni Zl \f'XYb'GhcZk YWXgY'`Yf\ Ø\Yb'_Ubb"': a'; Y[Ybni [
_Ubb'g]WX'X]Y': i b_h]cb'XYf'A]hcWXcbXf]Yb' 'XYf'Ghfi _hi fYb
]bbYf\U'V'XYf'NY``Ybž'X]Y'9bYf[]Y']b'XYf'B U\fi b['bi hnVUF
a UW Yb' 'j YfVYggYfbž'k Ug'XYb': YhhUVVUi ']b'VYgh]a a hYb'NY``Yb
Yf\ Ø\Yb'_Ubbž'gc'Y]bY'&\$%*']b': fc b]Yfg']b'B i hf]h]cb
j YfØZZYbh]WXhY', VYfg]WXh''

H@/8F . <mXfUh]g]Yfh'ni 'V'Y]VYb'i bX'Ub'[Y_Ø\ 'hYa 'K UggYf'ni
b]ddYbž'_ØbbhY'ΔfYb'GhcZk YWXgY'`a]b]a U'`Yf\ Ø\Ybž'UVYf'gY]bY
5i gk]f_i b[Yb'Ui Z'XYb': YhhUVVUi 'VY]a 'A YbgWX Yb'k i fXYb'bcWX
b]WXh'VYk]YgYb"

'' K]Y'j]Y`` K UggYf'gc``hYb'G]Y'hf]b_Ybž'i a
; Yk]W hni 'j Yf`]YfYb3''

K Ybb'G]Y'g]W ZFU[Yb. ' K]Y'j]Y`` K UggYf'gc``hY']W h]b_Ybž'i a
; Yk]W hni 'j Yf`]YfYb3 'k]ggYbž'XUgg'Yg'_Y]bY]b'GhY]b'[Ya Y]» Y`hY
: `Øgg][_Y]hgYa dZY\`i b['ni f'; Yk]W hgUVbU\ a Y[]Vh"8]Y'cVYb
[YbUbhYb'Ghi X]Ybž'X]Y'Y]bYb'Ni gUa a Yb\Ub['nk]gW Yb'XYf'<&C!
5i ZbU\ a Y'j cf'XYf'A U\`nY]h'i bX'XYf'B U\fi b[gUi ZbU\ a Y'k A\fYbX
Y]bYf'A U\`nY]h'nY][hYbž'VY]b\ U'hYhYb'VY]XY') \$\$'A]``]hYf'K UggYf"
I bX'Y]bY'Ghi X]Y'Ui g'XYa 'J\`f'&\$\$, 'a]h'%+' dfAa YbcdUi gU`Ybž
ØVYf[Yk]W h][Yb ' : fUi Ybž'X]Y'j YfgW]YXYbY'VY]YVhY'8]ÀhYb'ni f
; Yk]W hgUVbU\ a Y'VYZc'[hYbž'Yf[UVž'XUgg'Y]bY'9f\ Ø\i b['XYf
K UggYfUi ZbU\ a Y'j cb'k Yb][Yf'U'g'%'@]hYf'f\Ugh' ('I bnYb\dfc'HU[
Ui Za Y\`f'U'g'%'@]hYf'a]h'Y]bYa ') !DZ bX'j YfVi bXYb'k UF
; Yk]W hgj Yf'i gh`a '@Ui ZY'Y]bYg'J\`fYg''

5``YfX]b[g'g]bX' ('I bnYb'K UggYf'k U\fgW Y]b]W h][Ybi [
<&Cž'i a 'A\fYb'?ØfdYf'Ui gfY]W YbX'a]h: Yi W h][_Y]hni
j Yfgcf[Ybž'XU'Ya dZc\`Yb'k]fXž'X]Y'[`Y]W Y'A Yb[Y': `Øgg][_Y]h]b
I bnYb'k]Y'X]Y'<À`ZhY'À\fYg'?ØfdYf[Yk]W hg'ni 'gW i W_Ybž'gU[h
?]a VU``'9[Už'cV'G]Y'UVbY\ a Yb'a ØW hYb'cXYf'b]W hž'n]Y'Yb'G]Y
XUFUi Z'UVž'À\fY'dYfgØb]W Y'E i chY'ni 'YffY]W Ybž'gU[h'g]Y''fG]Y\Y
Ui W . 'K Ug'dUgg]YfhYž'U'g']W Y]bY'K cW Y'`Ub['XcddY'h'gc'j]Y'
K UggYf'hfUb_`k]Y'gc bghk'

'' 8]Y'k]W h][ghYb'9f_Yb b hb]ggY ''

8 Ug'HF]b_Yb'j cb'K UggYf'i bX'X]Y'9]bbU\ a Y'j cb': `Øgg][_Y]hYb
_ØbbYb'a Ø[']W Yfk Y]gY'ni f'; Yk]W hgUVbU\ a Y'VY]hfU[Ybž
Ybhk YXYf'Xi fW X]Y'9]bXÀa a i b['À\fYg'J Yf'Ub[Ybg'bUW
?c\`Yb\mXfUhYb'cXYf'Ni W_Yfž'X]Y'GhY][Yfi b['XYg
GÀhh][i b[g[YZØ\`g'cXYf'X]Y'GhY][Yfi b['À\fYg'GhcZk YW gY'g''5VYf
Yg'[]Vh'_Y]bY'a U[]gW Y'5bhk cfhUi Z' K]Y'j]Y'`K UggYf'gc``hY']W
hf]b_Ybž'i a ' ; Yk]W hni 'j Yf`]YfYb3 ' 'K UggYf']gh'Ui W '_Y]b
9']l]Yf'ni a '5VbY\ a Yb''GhUhXggYb'gc``hY'X]Y': `Øgg][_Y]hgn i Z \f

Y]bZUW\ U`g`Y]bY`Y]bnY`bY`?ca dc bYb hY`Y]bYf[Ub n\ Y]h]W\ Yb
GhfUhY[]Y`ni a `9ffY]W\ Yb `A fYf`; Ygi bX\ Y]hgn]Y`Y`VYhfUW\ hYh
k YfXYbž X]Y`Ui W\ XUg`9fn]Y`Yb`ni Zf]YXYbghY`YbXYf
A U_fcbÀ\ fghc ZZY`fh" gU[Yb`?]a VU``i bX`A W8Ub]Y`` 9g`]gh
]f[YbXk]Y`gY\ f`a cXYfUh`QddfcUW\ hc`k Y][\h`cggQJVYf`b]W\ hg
XUj cb`]gh`k]Y`C\žhf]b_`gc`j]Y`K UggYf`i bX`Xi`k]fgh`Yg`j cb`X]f
gW\ a Y`nYb žgU[h`?]a VU``

I bX`k Ybb`G]Y`XUfUb`XYb_Ybž; Yk]W\ h`ni `j Yf`]YfYbž`Ya dZY\`Yb
VY]XY`9fbÀ\fi b[gdfcZgž`Y]bYb`HYfa]b`a]h`Y]bYa `fY[]ghf]YfhYb
9fbÀ\fi b[gVYfUhYf`cXYf`A fYa `5fnh`ni `j YfY]bVUfYbž`VYj cf`G]Y`Y]b
cXYf`nk Y]; U`cbYb`K UggYf`hf]b_Yb`` 8Ug`; Y`Xž`XUg`Xi`Ui g[YVYb
k ØfXYgh`Qcb`U`Wcbgi`hUh]cbQ_Ubb`g]W\ `Ub[Zf]gh][`gc`j]Y`a Y\`f
Ui gnU\`Ybž`k Y]`Yg`X]f`Y]bY`5i gV`Xi b[` []Vh žgU[h`?]a VU`` 9g
_Ubb`X]f`; Y`X`j cf`hfYbX][Yb` Y\`Yfb`YfgdUfYbž`X]Y`Xi`gdÀhYf
a UW\ Yb`_Ubbghž`i bX`Yg`\]`Zh`X]fž`a Y\`f`ØVYf`XY]bY`Y][YbY
6Yn]Y\`i b[`ni a `9ggYb`ni ``YfbYb``"gc`_Ubb`Yg`A bYb`Y`ZYbž`Y]b
V]ggW\ Yb`a Y\`f`ØVYf`Y]bYb`dYfgcbU`]g]YfhYb`5bgUhn`ZØf`g]W\ `gY`Vgh
ni ``YfbYb`"`fG]Y\`Y`Ui W\ .`F YnYdhY`ZØf`gW\ k UfnY
9fbÀ\fi b[gk]ggYb gW\ UZh`Yfž`H]ddg`ni `[Ygi bXYf`9fbÀ\fi b[`i bX
a Y\`fž`

8 YhU]`g

6Ygi W\ Yb`G]Y`i bg`Ui Z`a Y]b!Z]hbYgg"bYh