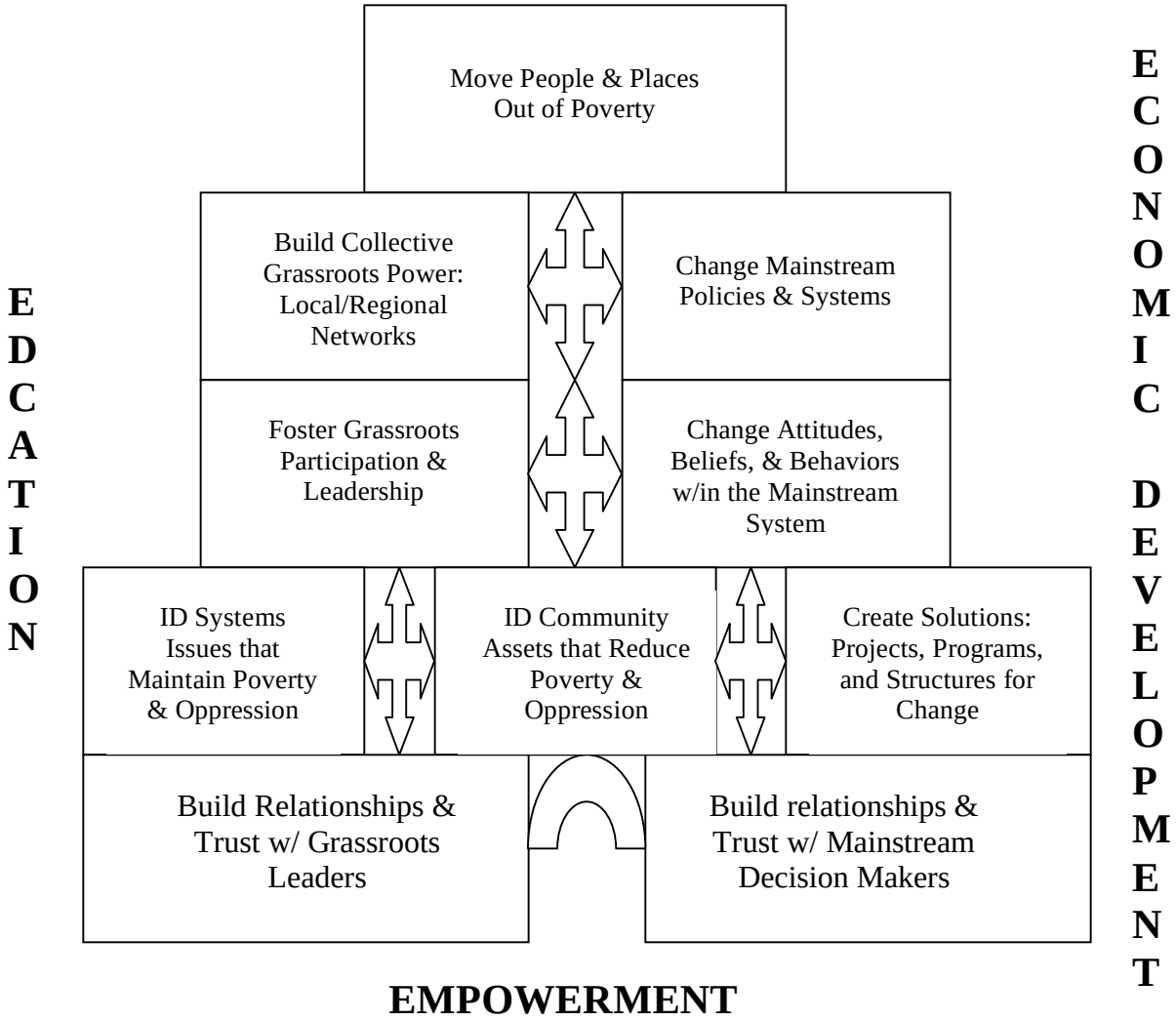**McIntosh SEED**
**The Building Blocks of Change**