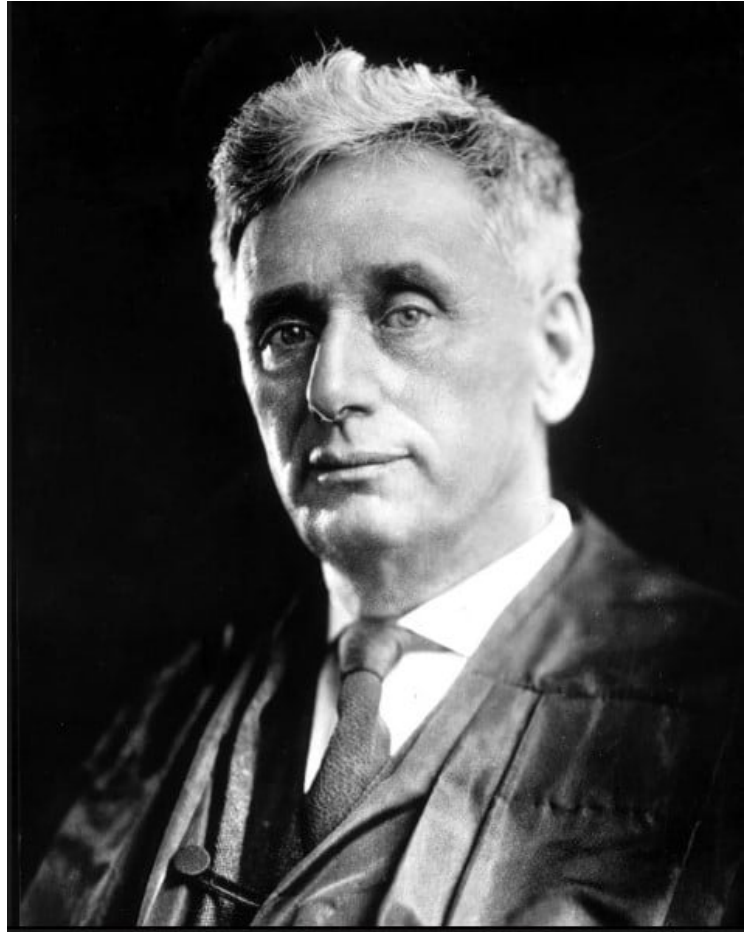


# Ouch! It's hard to do but I'm trying

By Reg Green



Someone just sent me a quote by Supreme Court Justice Brandeis from 1922 that encapsulates for me our biggest challenge and best hope: 'Democracy.....substitutes self-restraint for external restraint.'