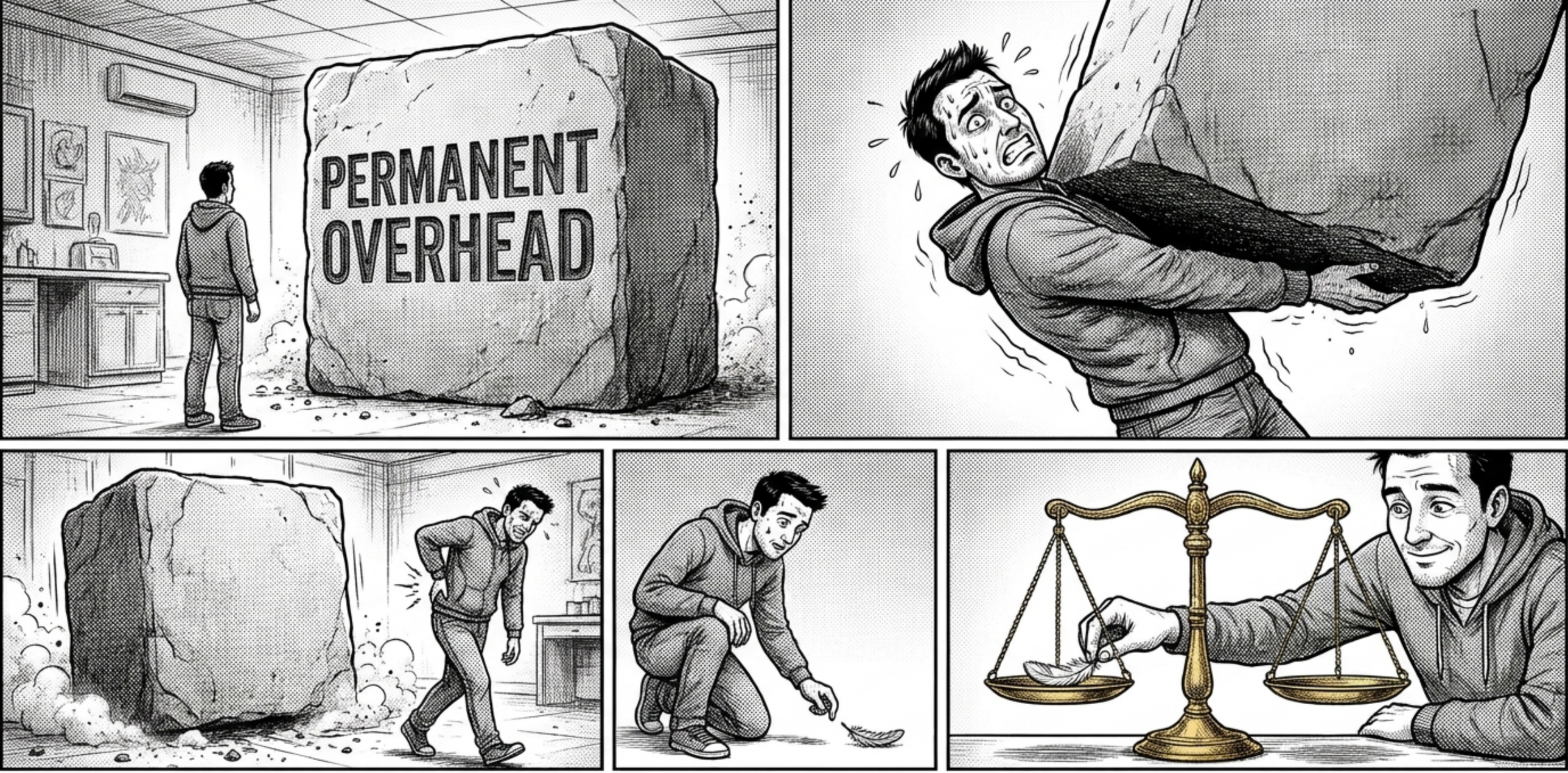

Owners considering expansion should test recurring guest residencies before committing to a permanent payroll structure.

Carrying massive boulders is generally detrimental to spinal health.