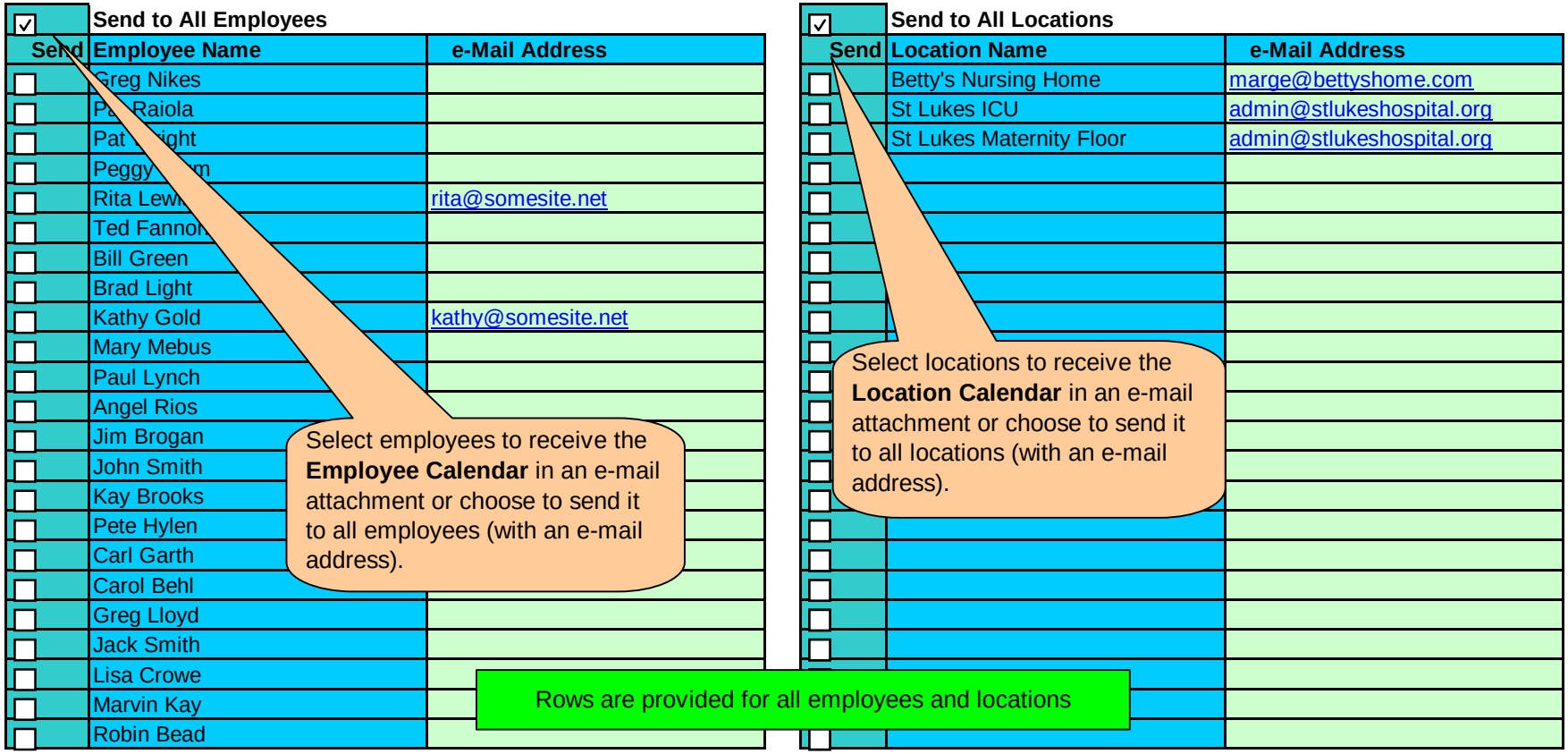S16-Shifts E-Mail Sheet