

L92127

October 6, 1999

Mark E. Russell
8983 Savannah Park
Orlando, Fla. 32819
407/876-8472

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-10/27/99-01104-002
*****35.00 *****35.00

Secretary of State
Florida Dept. of State
The Capitol
Tallahassee, Fla. 32399

Re: Florida Division of Corporations

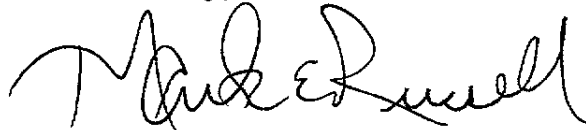
I resigned as an officer and director of Stress Management Technologies, Inc. as of 8/20/99 yet I am still listed. Would you be kind enough to remove my name from these records? Enclosed is the attached resignation form.

My previous addresses were Charles E. Limpus Road, Orlando, Florida 32819 and 7718 Hidden Ivey Court, Orlando, Fla. 32819.

Num. L92127
FEI# 59-3023152
Stress Management Technologies, Inc.

Thank you for your help.

Sincerely,



Mark E. Russell

DID
Res.

SF 10/27/99

RECEIVED
DIVISION OF CORPORATIONS
OCT 15 11:10 AM '99

FILED
99 OCT 27 PM 2:04
SECRETARY OF STATE
TALLAHASSEE, FLORIDA



FLORIDA DEPARTMENT OF STATE
Katherine Harris
Secretary of State

October 18, 1999

Mark E. Russell
8983 Savannah Park
Orlando, FL 32819

SUBJECT: STRESS MANAGEMENT TECHNOLOGIES, INC.
Ref. Number: L92127

This will acknowledge receipt of your correspondence which is being returned for the following reason(s):

The fee to file your document is \$35.

Please return a copy of this letter along with your document to ensure proper handling.

If you have any questions concerning this matter, please either respond in writing or call (850) 487-6901.

Susan Payne
Senior Section Administrator

Letter Number: 399A00050110

RESIGNATION AS DIRECTOR and OFFICER

To Whom It May Concern:

I hereby submit my resignation as an Officer and Director of STRESS MANAGEMENT TECHNOLOGIES, INC. a Florida Corporation to be effective as of the date hereof.

Additionally, please know that I would like to transfer all of my stock in this company to **ALAN J. RUSSELL**, and toward that end I would appreciate your forwarding to me any and all **STOCK CERTIFICATES** standing in my name so that I might transfer them accordingly.

Dated this 10th day of AUG. 1999.

Alan J. Russell Aug 11, 99 Mark E. Russell
MARK E. RUSSELL

FILED
99 OCT 27 PM 2:04
SECRETARY OF STATE
TALLAHASSEE, FLORIDA