

EXHIBIT F RULES AND REGULATIONS

1. No sign, placard, picture, advertisement, name or notice shall be inscribed, displayed or printed or affixed on or to any part of the outside or inside of the Building or any part of the Premises visible from the exterior of the Premises subject to Lessor's prior reasonable approval. Lessor shall have the right to remove, at Lessee's expense and without notice to Lessee, any such sign, placard, picture, advertisement, name or notice that has not been approved by Lessor. All approved signs or lettering on doors and walls shall be printed, painted, affixed or inscribed at the expense of Lessee by a person approved of by Lessor. If Lessor notifies Lessee in writing that Lessor objects to any curtains, blinds, shades or screens attached to or hung in or used in connection with any window or door of the Premises, such use of such curtains, blinds, shades or screens shall be removed immediately by Lessee. No awning shall be permitted on any part of the Premises.
2. The bulletin board or directory of the Building will be provided exclusively for the display of the name and location of Lessees only and Lessor reserves the right to exclude any other names therefrom.
3. The sidewalks, halls, passages, exits, entrances, and stairways shall not be obstructed by Lessee or used by Lessee for any purpose other than for ingress to and egress from its Premises. The halls, passages, exits, entrances, elevators, stairways, and roof are not for the use of the general public and Lessor shall in all cases retain the right to control and prevent access thereto by all persons whose presence in the judgment of Lessor shall be prejudicial to the safety, character, reputation and interests of the Building and its Lessees. Lessee and its employees or invitees of Lessee shall not go upon the roof of the Building.
5. The toilet rooms, toilets, urinals, wash bowls and other apparatus shall not be used for any purpose other than that for which they were constructed and no foreign substance of any kind whatsoever shall be thrown therein and the expense of any breakage, stoppage or damage resulting from the violation of this rule shall be borne by the Lessee who, or whose employees or invitees, shall have caused it.
6. Lessee shall not overload the floor of the Premises or mark, drive nails, screw or drill into the partitions, woodwork or plaster or in any way deface the Premises or any part thereof.
7. Lessor shall have the right to prescribe the weight, size and position of all safes and other heavy equipment brought into the Building and also the times and manner of moving the same in and out of the Building. Safes or other heavy objects shall, if considered necessary by Lessor, stand on a platform of such thickness as is necessary to properly distribute the weight. Lessor will not be responsible for loss of or damage to any such safe or property from any cause, and all damage done to the Building by moving or maintaining any such safe or other property shall be repaired at the expense of Lessee. The persons employed to move Lessee's equipment, material, furniture or other property in or out of the Building must be acceptable to Lessor. The moving company must be a locally recognized professional mover, whose primary business is the performing of relocation services, and must be bonded and fully insured. In no

event shall Lessee employ any person or company whose presence may give rise to a labor or other disturbance in the Project. A certificate or other verification of such insurance must be received and approved by Lessor prior to the start of any moving operations. Insurance must be sufficient in Lessor's sole opinion, to cover all personal liability, theft or damage to the Project, including, but not limited to, floor coverings, doors, walls, elevators, stairs, foliage and landscaping. Special care must be taken to prevent damage to foliage and landscaping during adverse weather. All moving operations shall be conducted at such times and in such a manner as Lessor shall direct, and all moving shall take place during non-business hours unless Lessor agrees in writing otherwise.

8. Lessee shall not employ any person or persons other than the janitor of Lessor for the purpose of cleaning the Premises, unless otherwise agreed to by Lessor. Except with the written consent of Lessor, no person or persons other than those approved by Lessor shall be permitted to enter the Building for the purpose of cleaning the Building or the Premises. Lessee shall not cause any unnecessary labor by reason of Lessee's carelessness or indifference in the preservation of good order and cleanliness.

9. Lessee shall not use, keep or permit to be used or kept any foul or noxious gas or substance in the Premises, or permit or suffer the Premises to be occupied or used in a manner offensive or objectionable to Lessor or other occupants of the Building by reason of noise, odors and/or vibrations, nor shall any animals or birds be brought in or kept in or about the Premises or the Building. In no event shall Lessee keep, use, or permit to be used in the Premises or the Building any guns, firearm, explosive devices or ammunition.

10. The Premises shall not be used for the storage of merchandise, for washing clothes, for lodging, or for any improper, objectionable or immoral purposes. Lessee may maintain and use microwave ovens and equipment for brewing coffee, tea, hot chocolate and similar beverages, provided that Lessee shall (i) prevent the emission of any food or cooking odor from leaving the Premises, (ii) be solely responsible for cleaning the areas where such equipment is located and removing food-related waste from the Premises and the Building, or shall pay Lessor's standard rate for such service as an addition to cleaning services ordinarily provided, (iii) maintain and use such areas solely for Lessee's employees and invitees, not as public facilities. Notwithstanding clause (ii) above, Lessor shall, without special charge, empty and remove the contents of one (1) 15-gallon (or smaller) waste container from the food preparation area so long as such container is fully lined with, and the contents can be removed in, a waterproof plastic liner or bag, supplied by Lessee, which will prevent any leakage of food related waste or odors; provided, however, that if at any time Lessor must pay a premium or special charge to Lessor's cleaning or scavenger contractors for the handling of food-related or so-called "wet" refuse, Lessor's obligation to provide such removal, without special charge, shall cease.

11. Lessee shall not use or keep in the Premises or the Building any kerosene, gasoline, or inflammable or combustible fluid or material (excepting the barbeque currently at the Premises), or use any method of heating or air conditioning, other than that supplied by Lessor.

12. Lessor will direct electricians as to where and how telephone and telegraph

wires are to be introduced into the Premises and the Building. No boring or cutting for wires will be allowed without the prior consent of Lessor. The location of telephones, call boxes and other office equipment affixed to the Premises shall be subject to the prior approval of Lessor.

14. Upon the expiration or earlier termination of the Lease, Lessee shall deliver to Lessor the keys of offices, rooms and toilet rooms which have been furnished by Lessor to Lessee and any copies of such keys which Lessee has made. In the event Lessee has lost any keys furnished by Lessor, Lessee shall pay Lessor for such keys.

13. Lessee shall not lay linoleum, tile, carpet or other similar floor covering so that the same shall be affixed to the floor of the Premises, except to the extent and in the manner approved in advance by Lessor. The expense of repairing any damage resulting from a violation of this rule or removal of any floor covering shall be borne by the Lessee by whom, or by whose contractors, employees or invitees, the damage shall have been caused.

14. Lessee shall be responsible for insuring that the doors of the Premises are closed and securely locked before leaving the Building and must observe strict care and caution that all water faucets or water apparatus are entirely shut off before Lessee or Lessee's employees leave the Building, and that all electricity, gas or air shall likewise be carefully shut off, so as to prevent waste or damage, and for any default or carelessness Lessee shall make good all injuries sustained by other Lessees or occupants of the Building or Lessor.