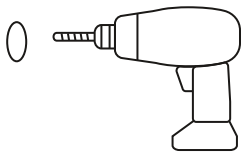
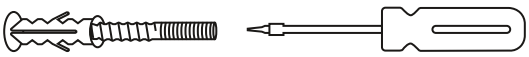
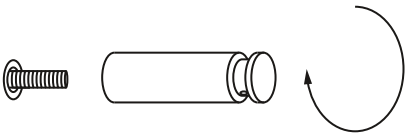
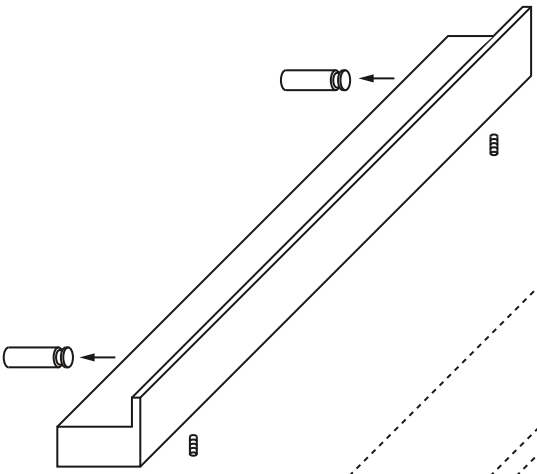
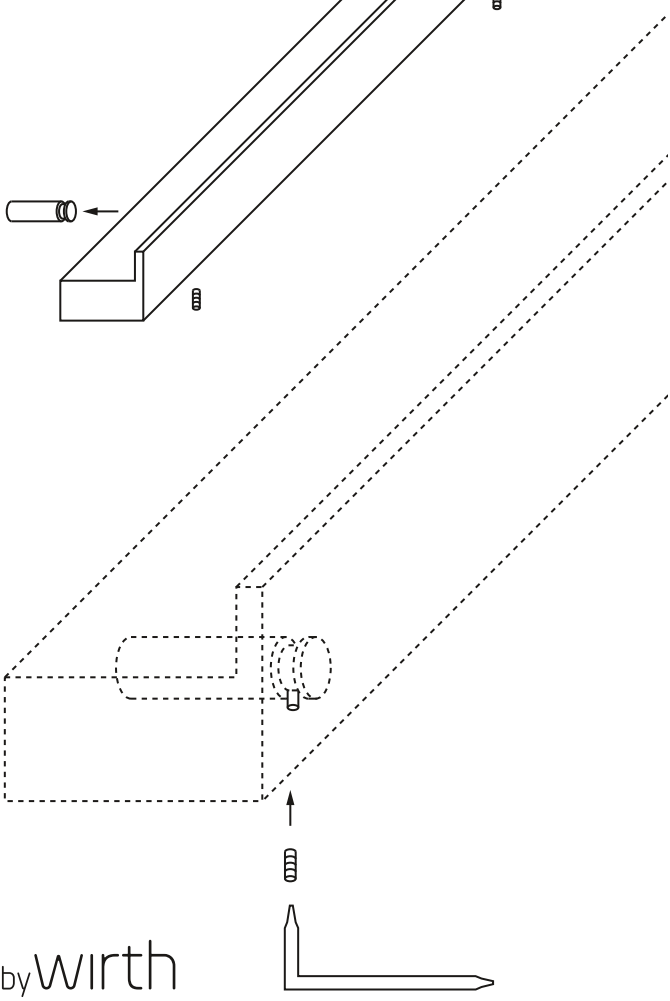
HOW TO











by wirth