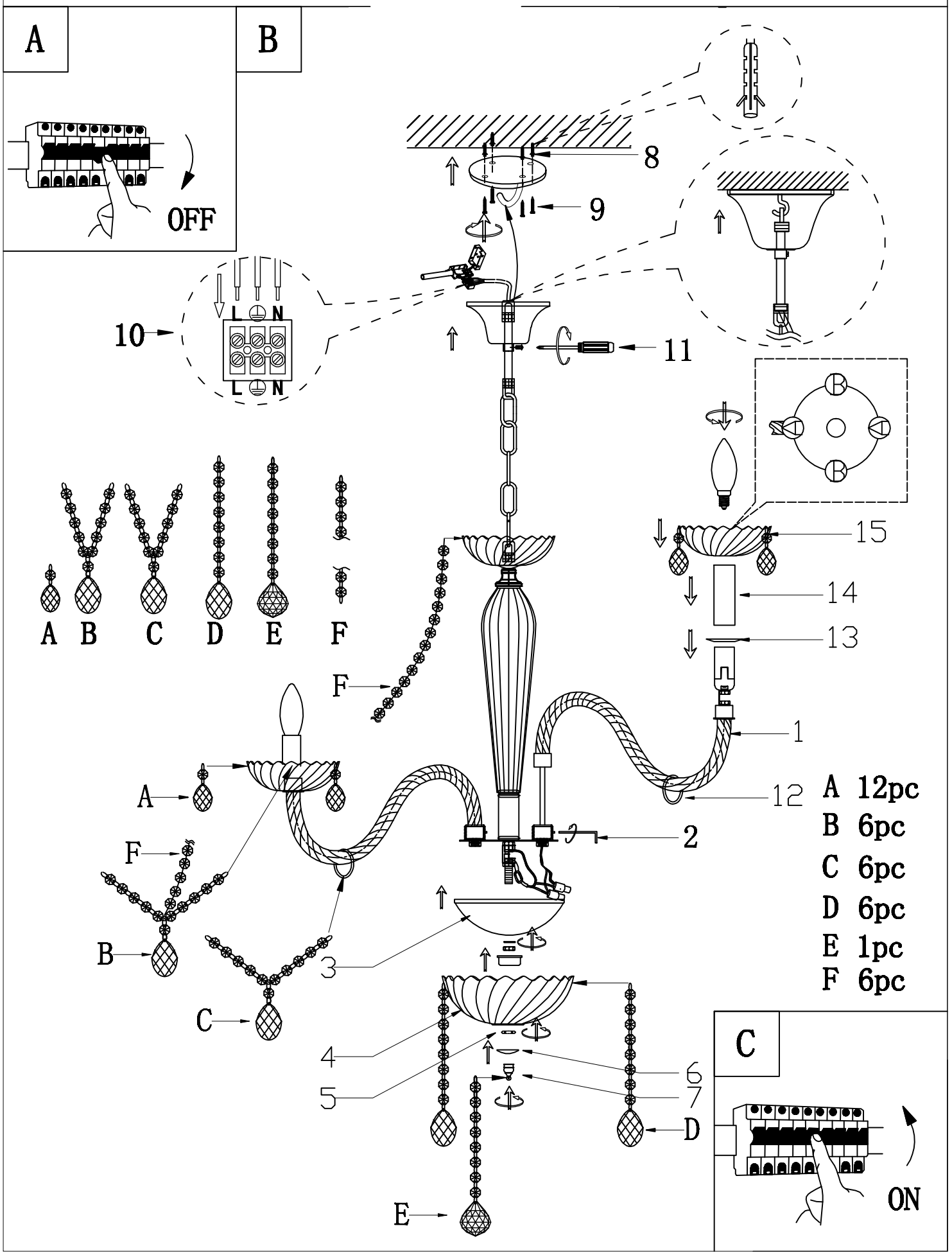INSTRUCTION SHEET