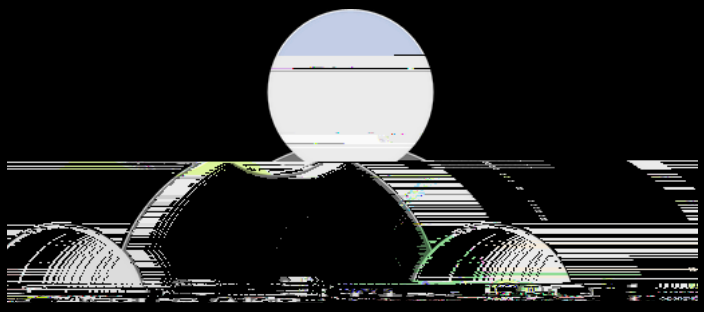Quick guide to