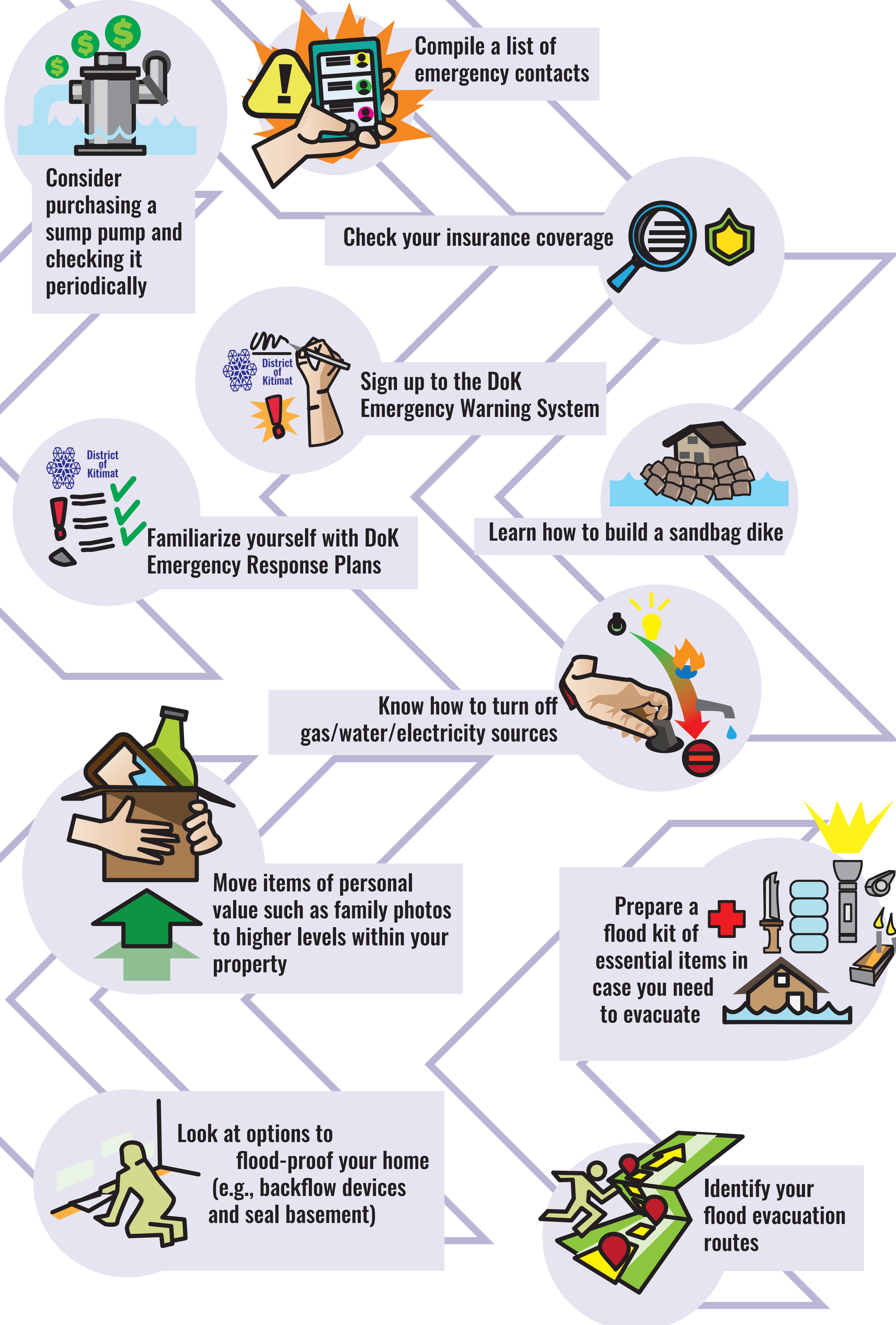


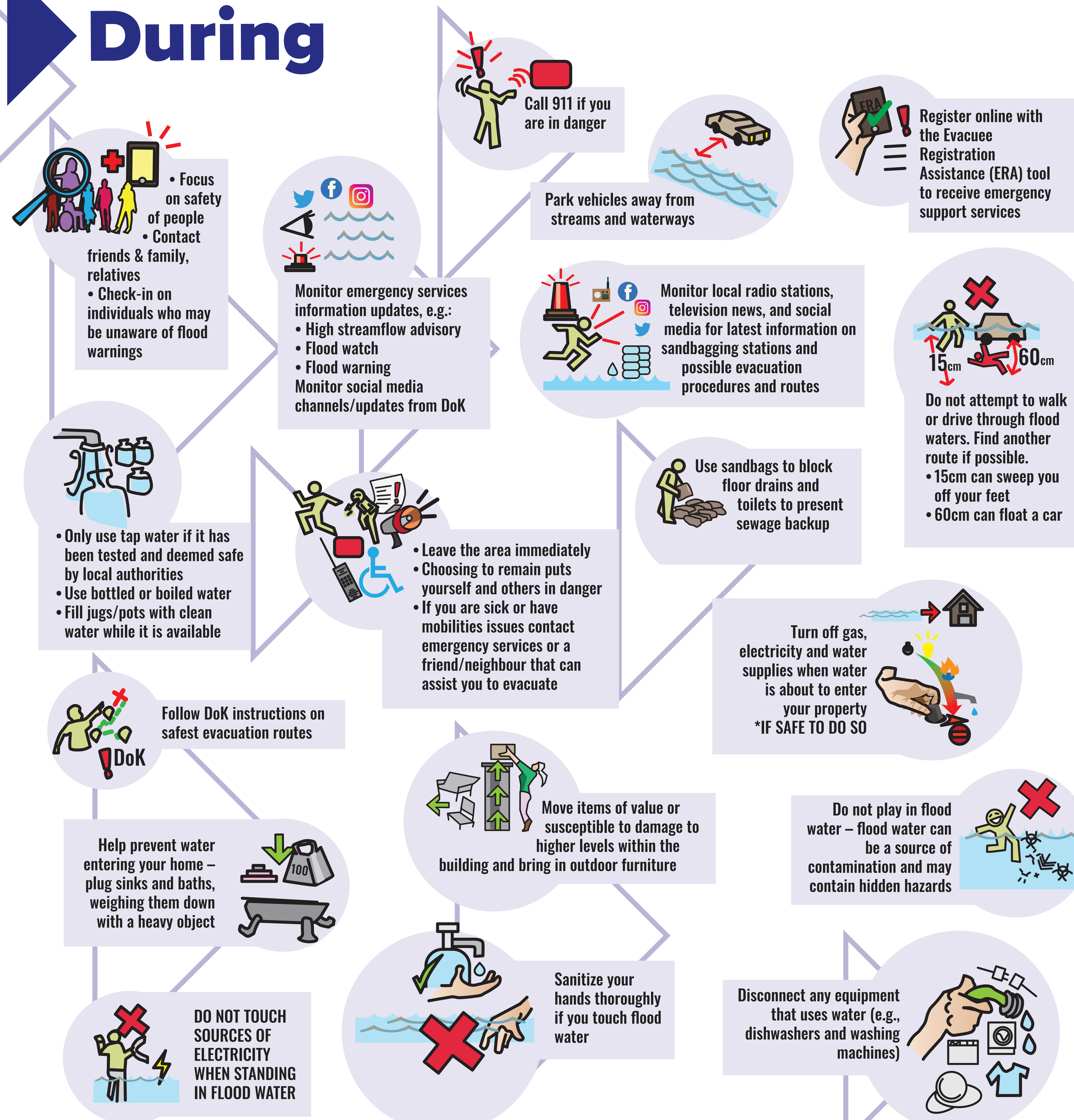
What to do

Before



What to do

During



What to do

After

