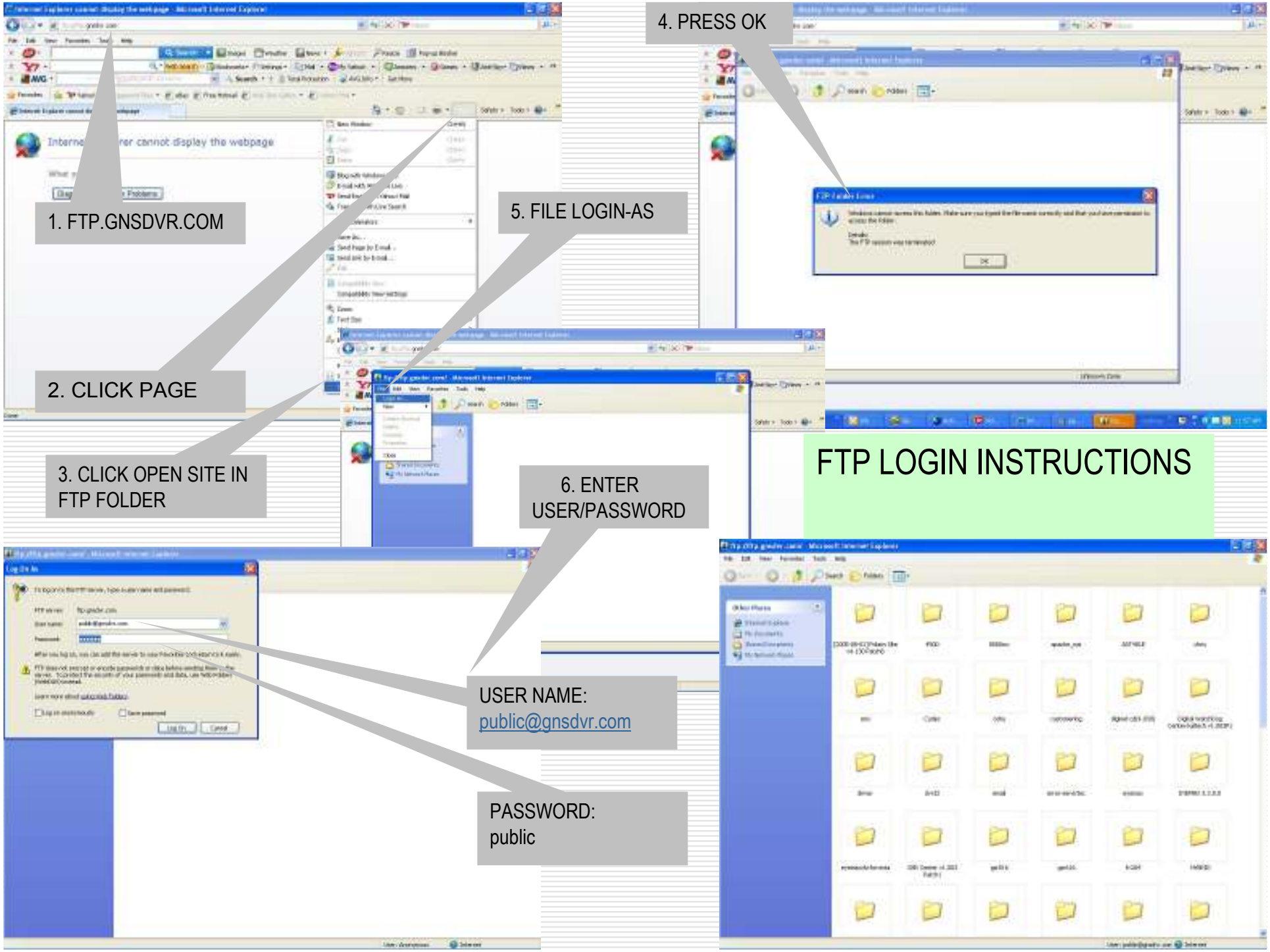FTP LOGIN INSTRUCTIONS