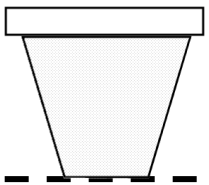
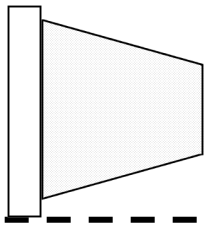
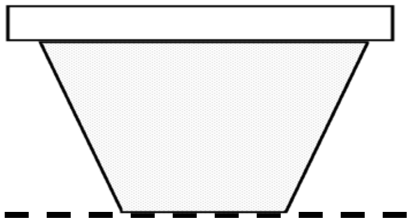
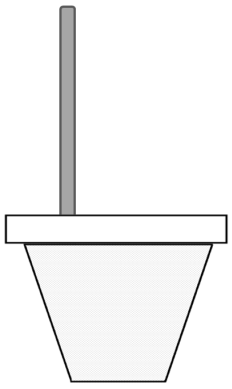
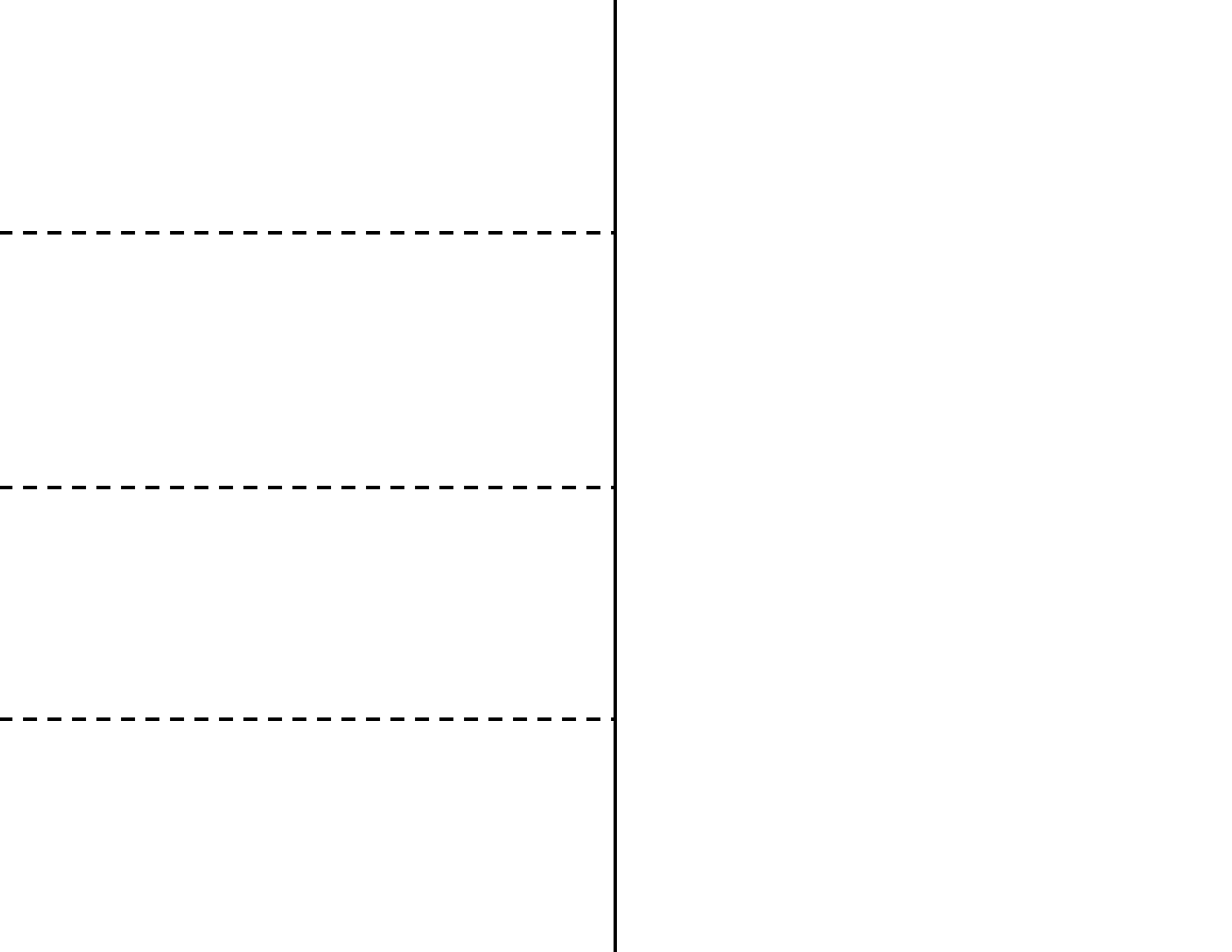
Glue this side into your notebook!

Fold on solid line