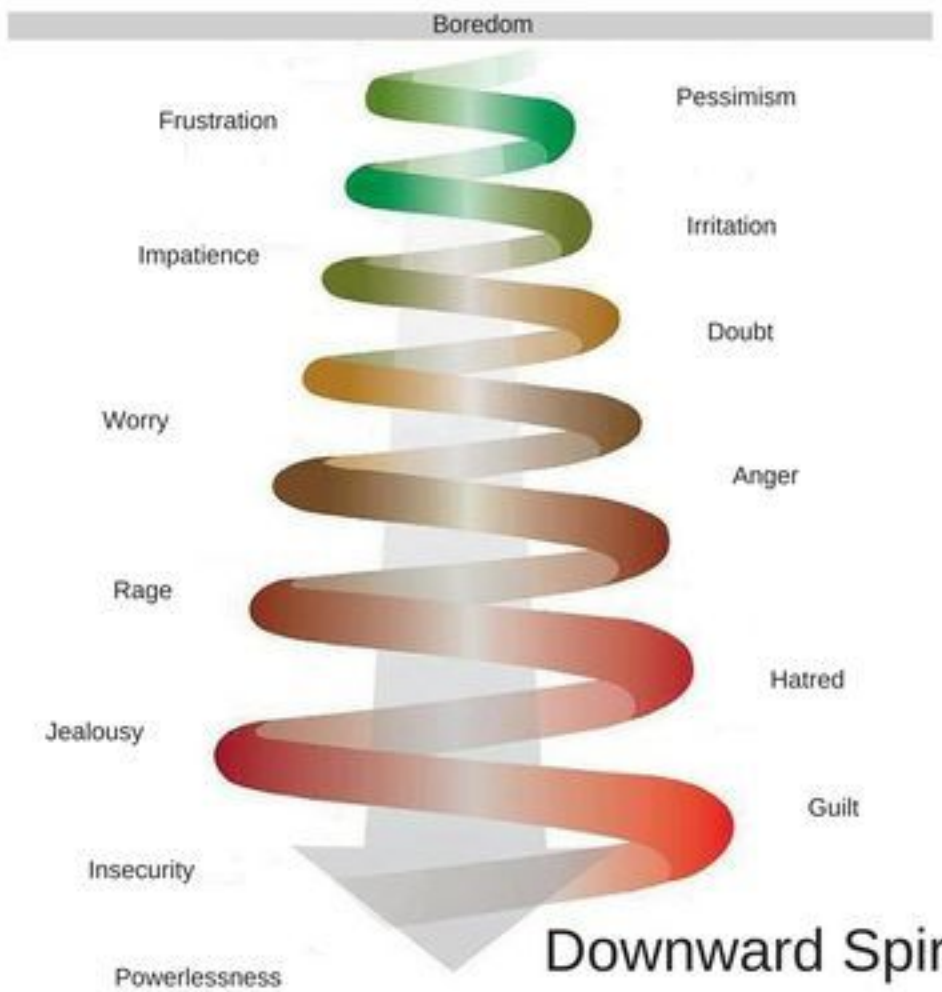


# Upward Spiral



# Downward Spiral