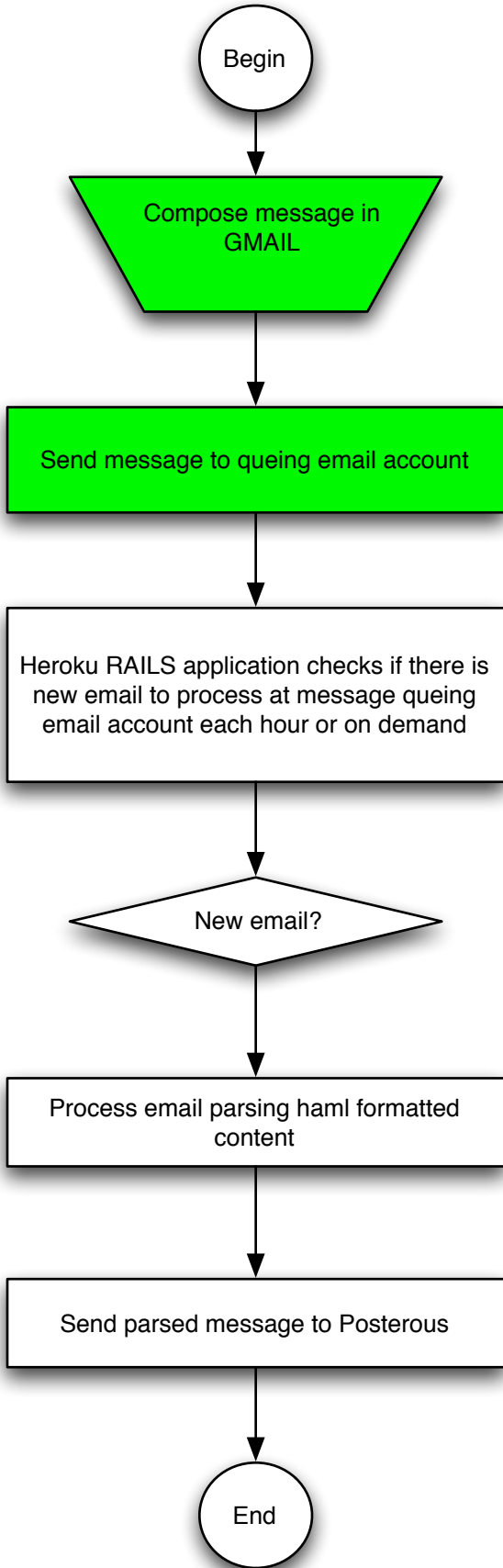




My Posterous posting procedure



-  Manual Procedures
-  Automated Procedures