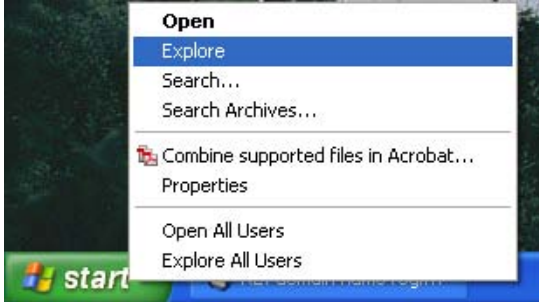


Instructions for ftp using Windows Explorer

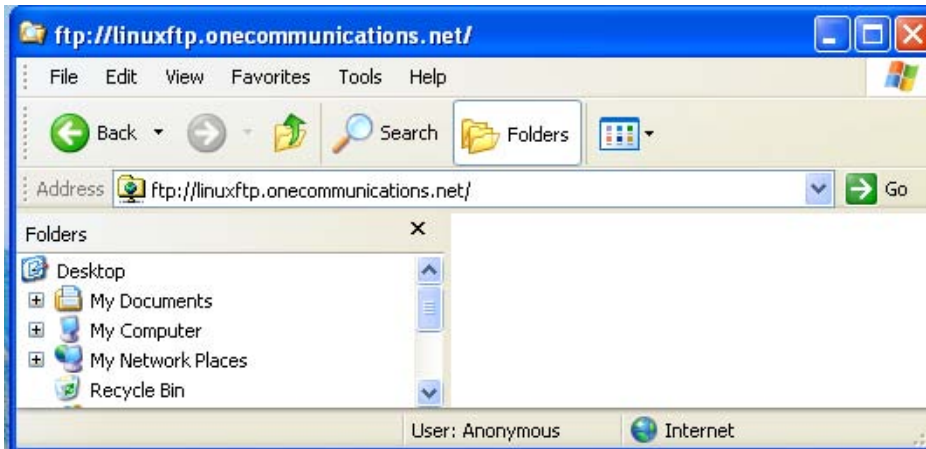
Left click on start

Choose Explore



In the address widow type:

ftp://linuxftp.onecommunications.net/



Enter Username and Password

