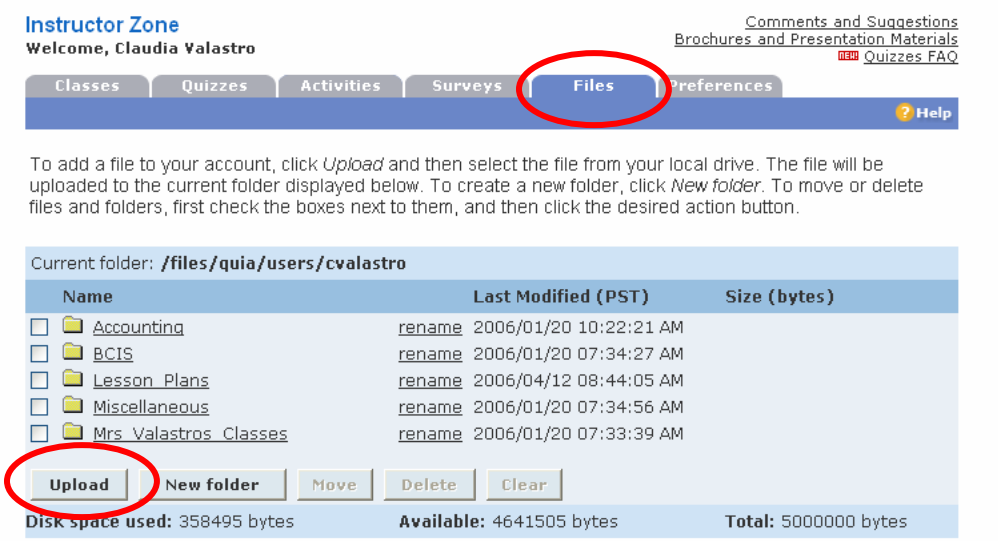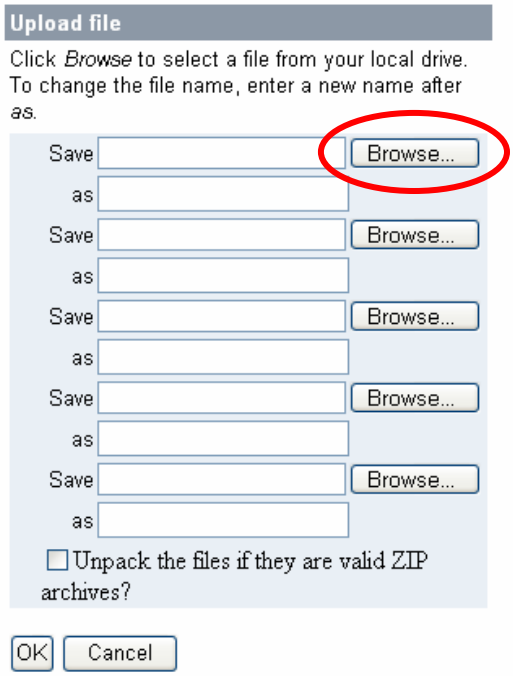Uploading a File into Your Quia Account