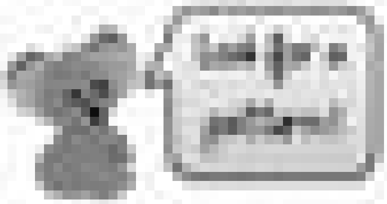
1. Use a Table



change in ________________
________________ = ________________
change in ________________