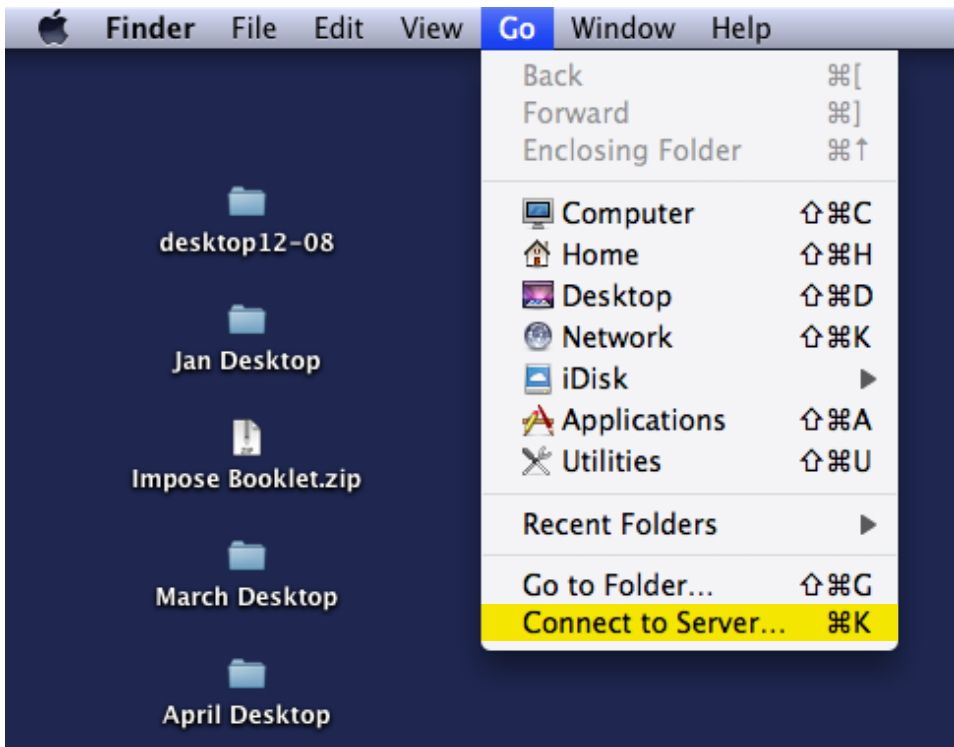
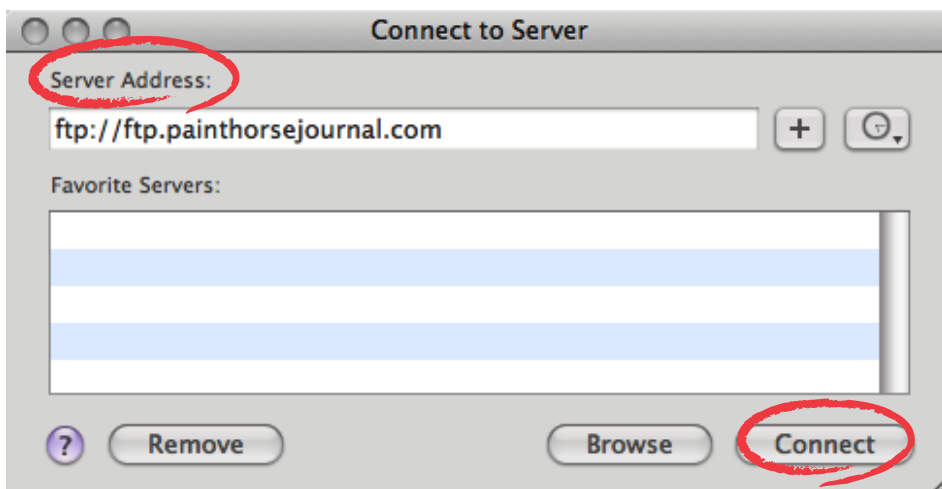


MAC OS - FTP Connection Instructions:

1. Go to your mac finder, up on your menu options, select "Go" then click on "Network" or simply use "Command K" in your finder.



2. You will see a network connection window prompt. Enter the ftp address: ftp://ftp.painthorsejournal.com in the server address field then click the connect button



3. You have successfully connected, if it prompts you for login information meaning "user and password" just login as "Anonymous".

**Just drag and drop your file into our "incoming" folder that you see.

