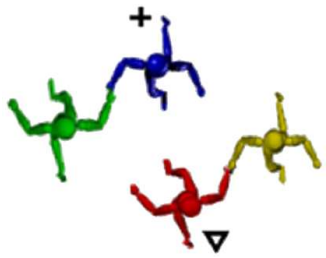
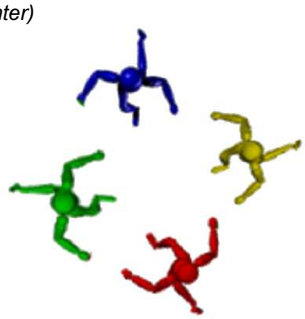
22 Core Buddies

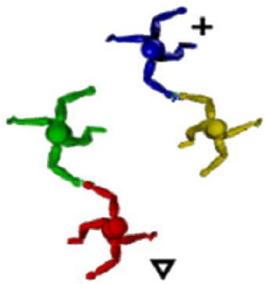


(1,4,7,10,13,16,19)

(inter)

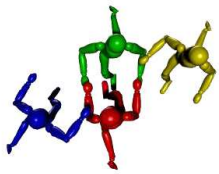


Core Buddies



(2,5,8,11,14,17,20)

A Cross



(3,6,9,12,15,18,21)