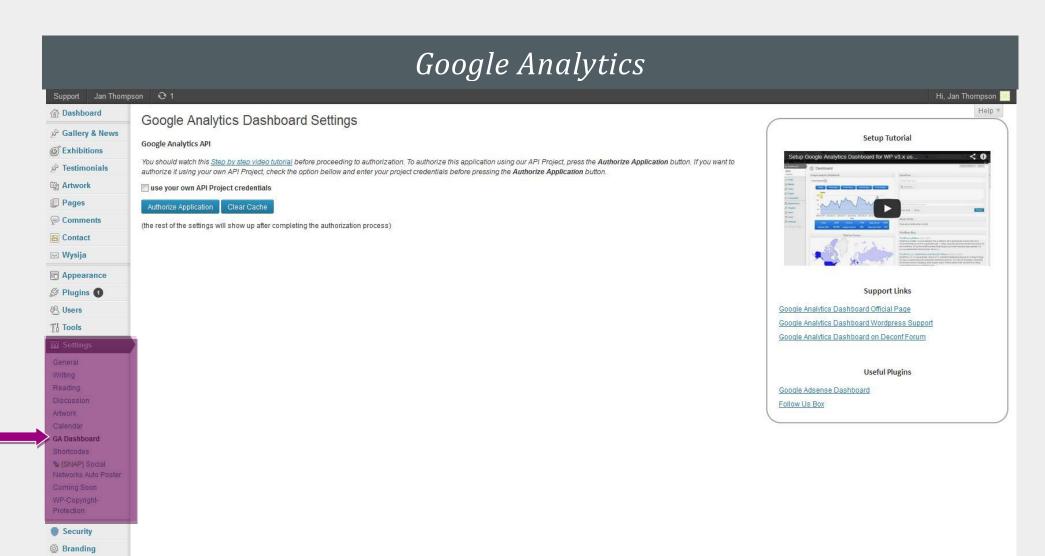


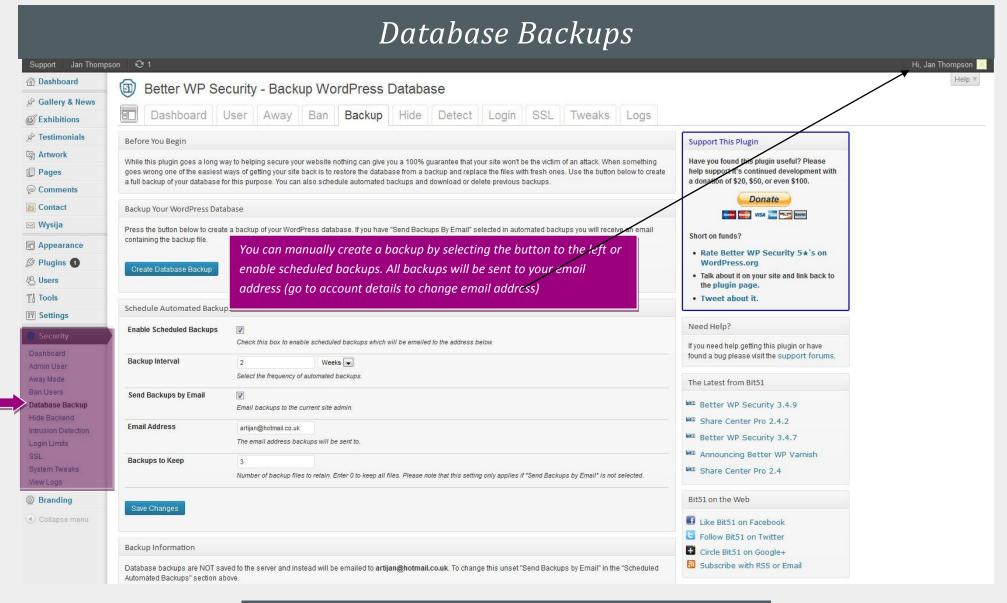
NUMBER OF UPDATES AVAILABLE, ALWAYS BACKUP YOUR DATABASE BEFORE UPDATING











Note: before making any theme or plugin updates, make sure to backup your website!