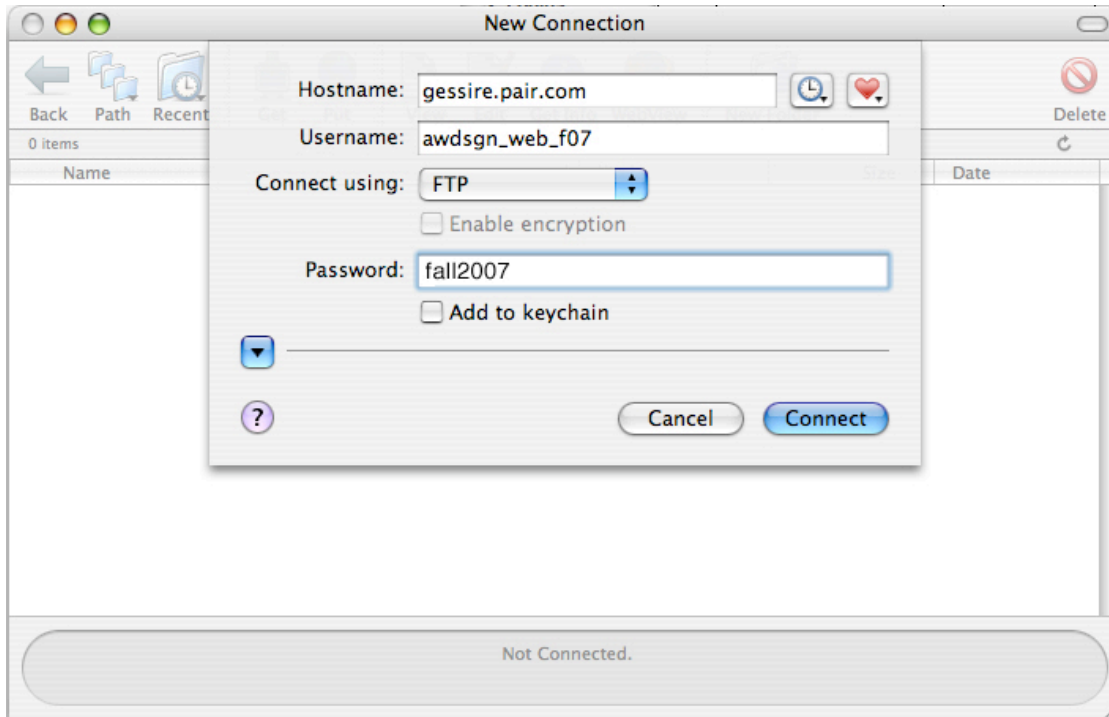Login using Fetch or other FTP software:

When you're connected you'll see this:

Be sure to open YOUR folder before you "Get" or "Put" anything!

Don't screw up other peoples' sites!