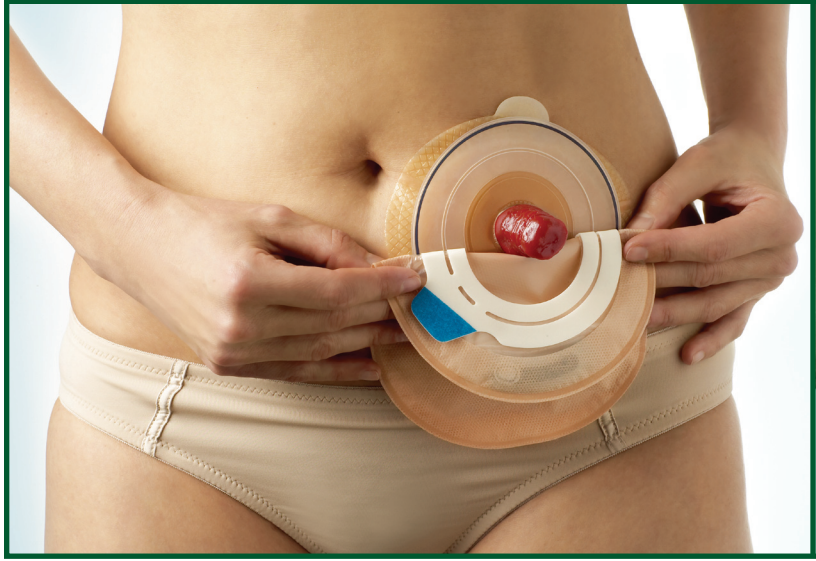FIG 1. EXAMPLES OF A MECHANICAL AND AN ADHESIVE COUPLING