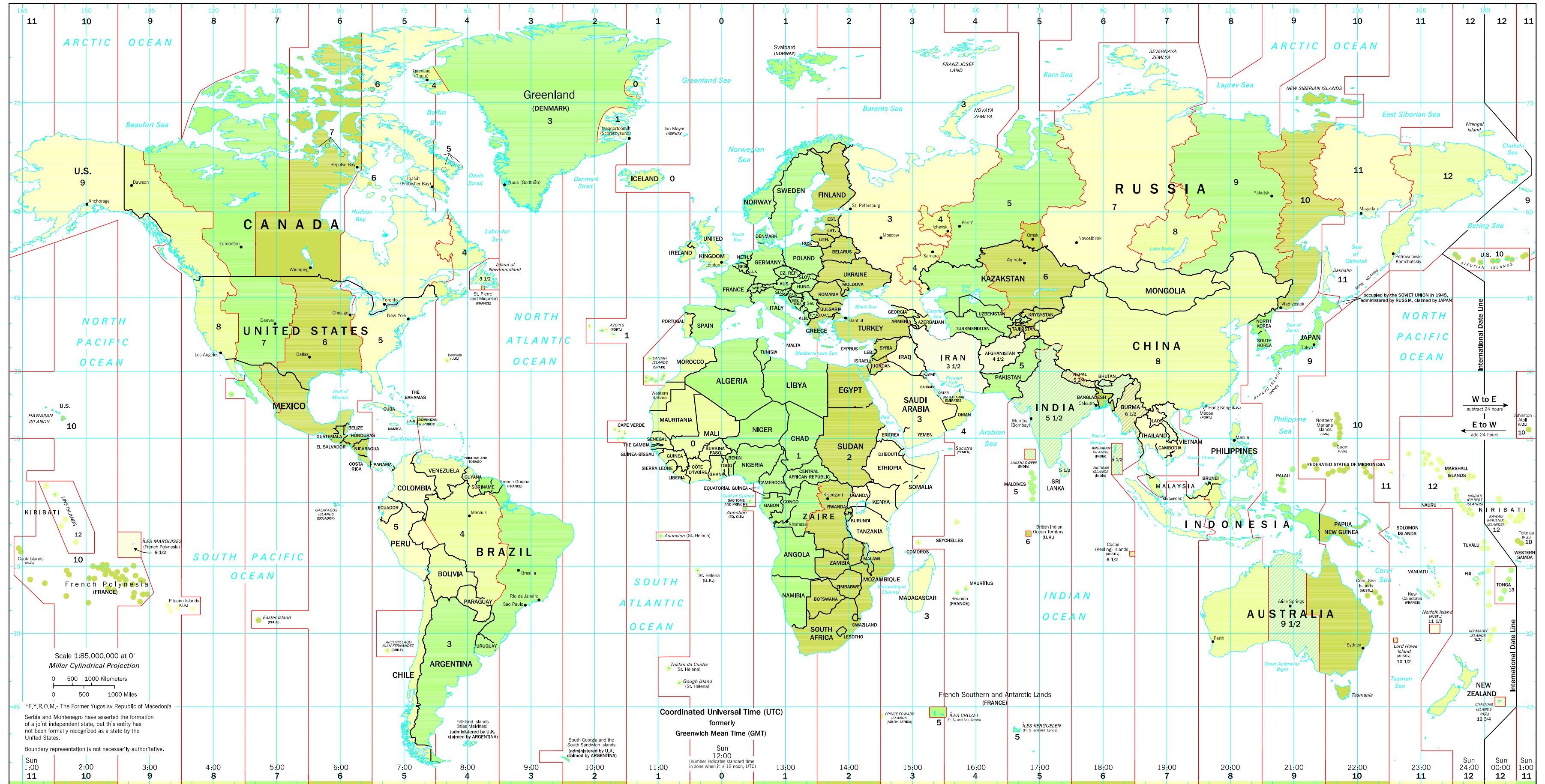


Standard Time Zones of the World



Add time zone number to local time to obtain UTC.
Subtract time zone number from UTC to obtain local time.