GUIDELINES	
Draw left hand sum	Left
Draw right hand sum	Right
Undo the left hand sum	Up
Undo the right hand sum	Down
See the guidelines	h
Find the integral	i
Quit the program	q
Find the left-handed sum	I
Find the right-handed sum	r
See the definition of the integral	d
See the "ugly" gridlines	g
Set back to the green background	b

The integral from -5 to 5 of this function is 0.0

The left hand sum is -5.0

The right hand sum is 5.0





