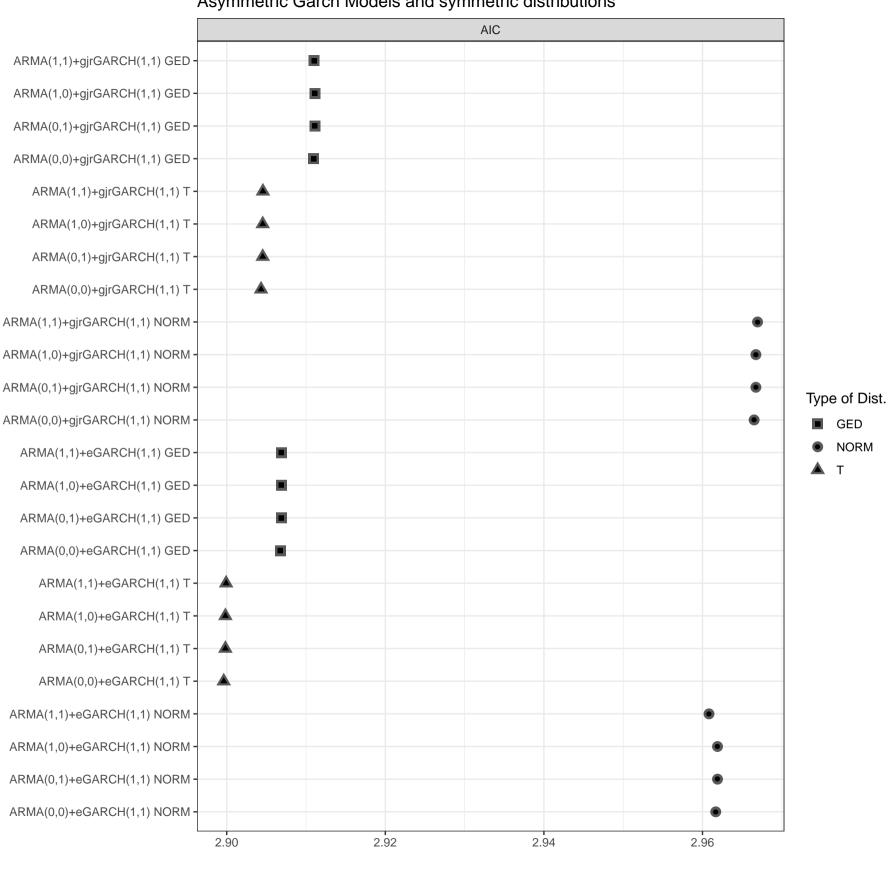Asymmetric Garch Models and symmetric distributions