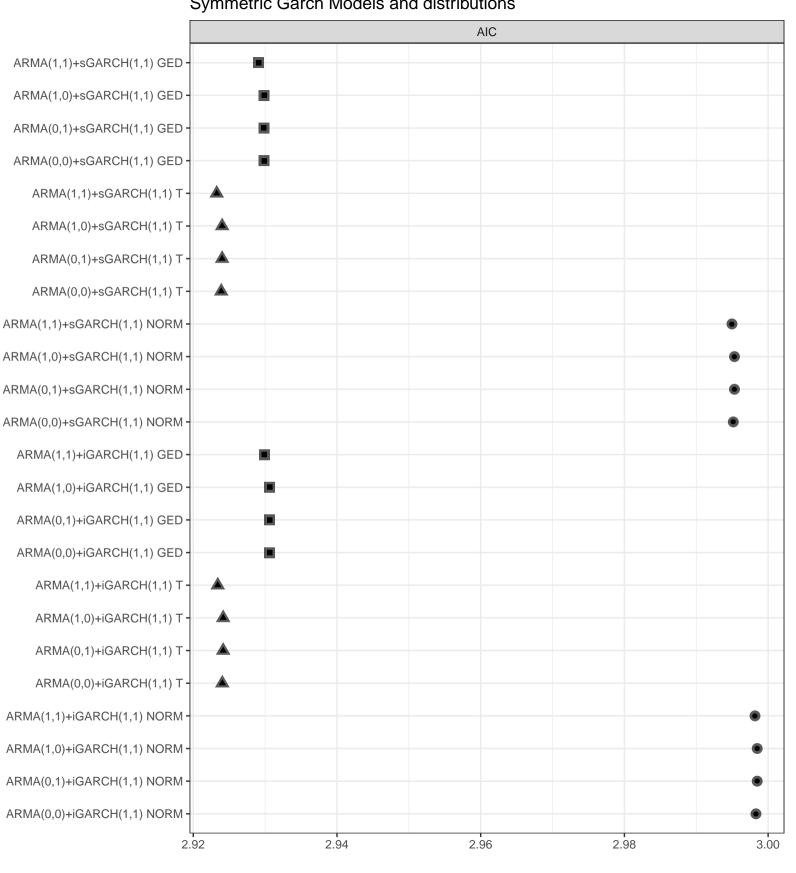Symmetric Garch Models and distributions