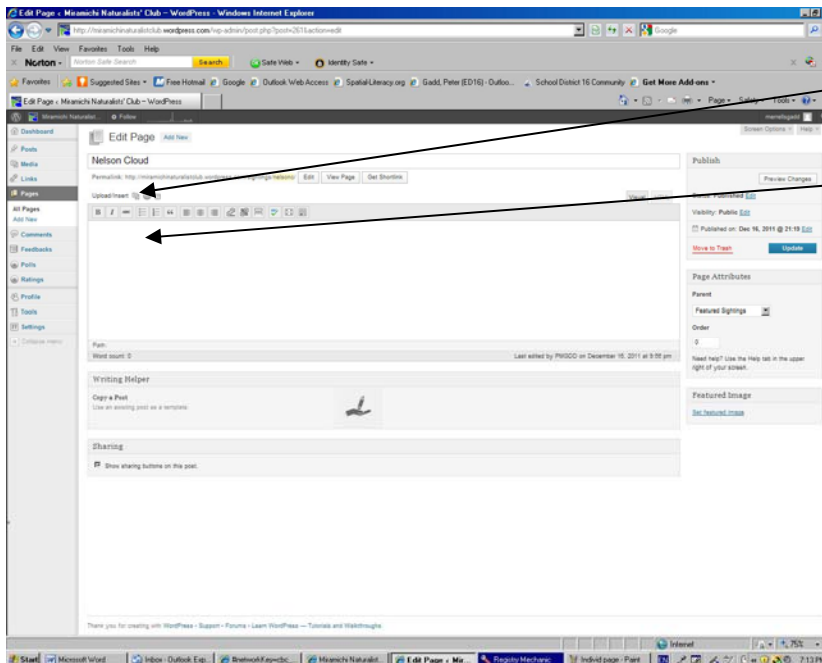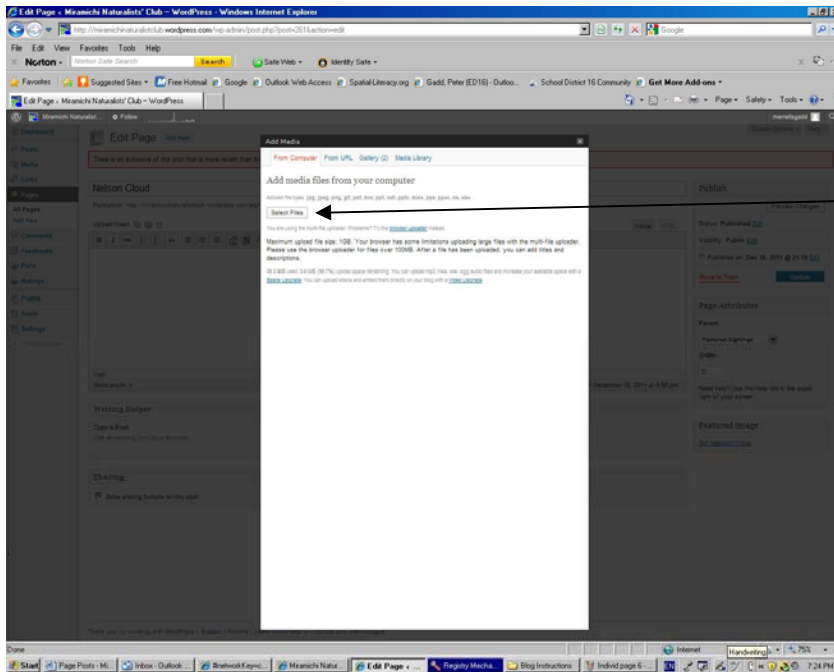On your page - with EDITOR status you will see this button. Click on it. (You will see this on other pages as well!)
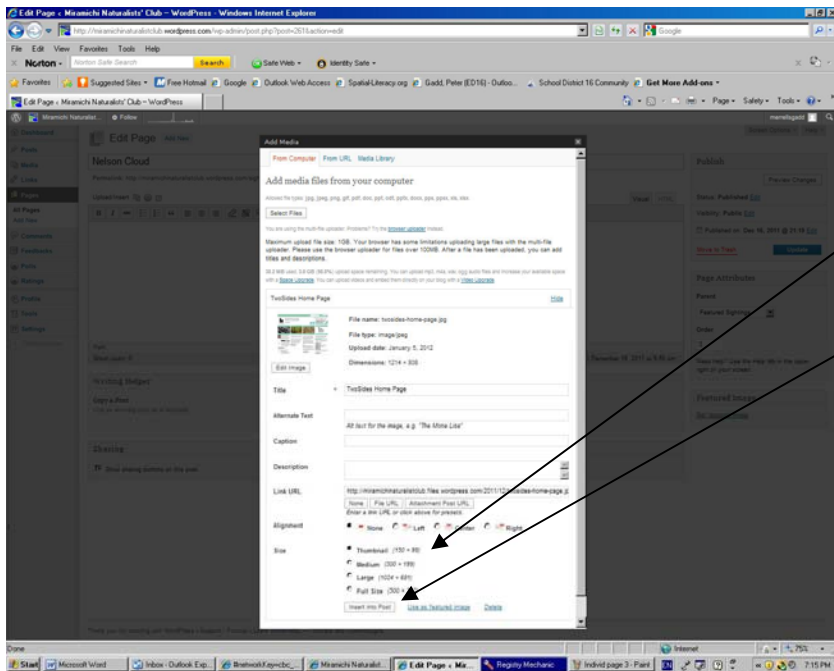
To add a picture select this button. (see below)
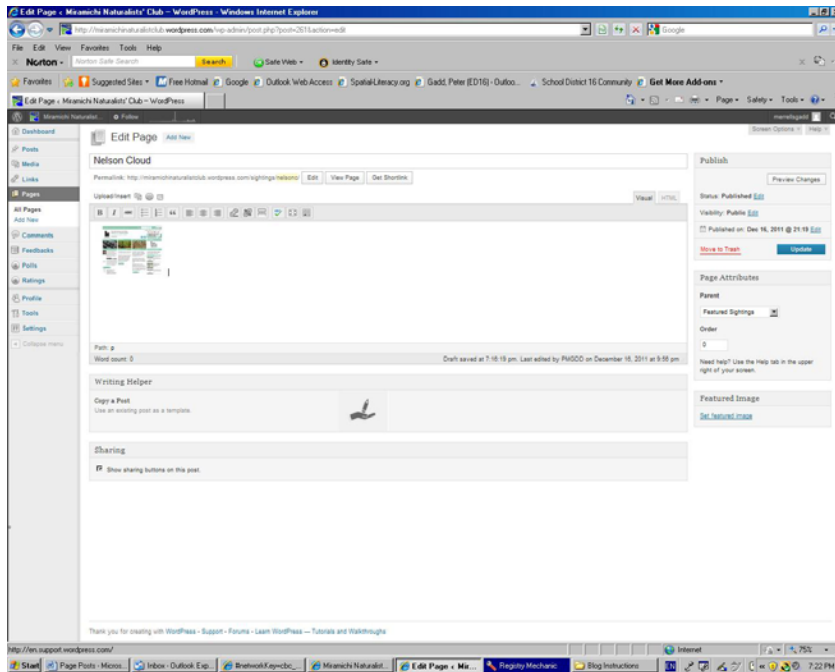
Enter text here.

To add picture locate your image on your computer and select it.

Select a size … try to keep somewhat small.

Click – "insert into post"

Click "Update" to create post. On this individual page you have to keep adding to this one and only post.