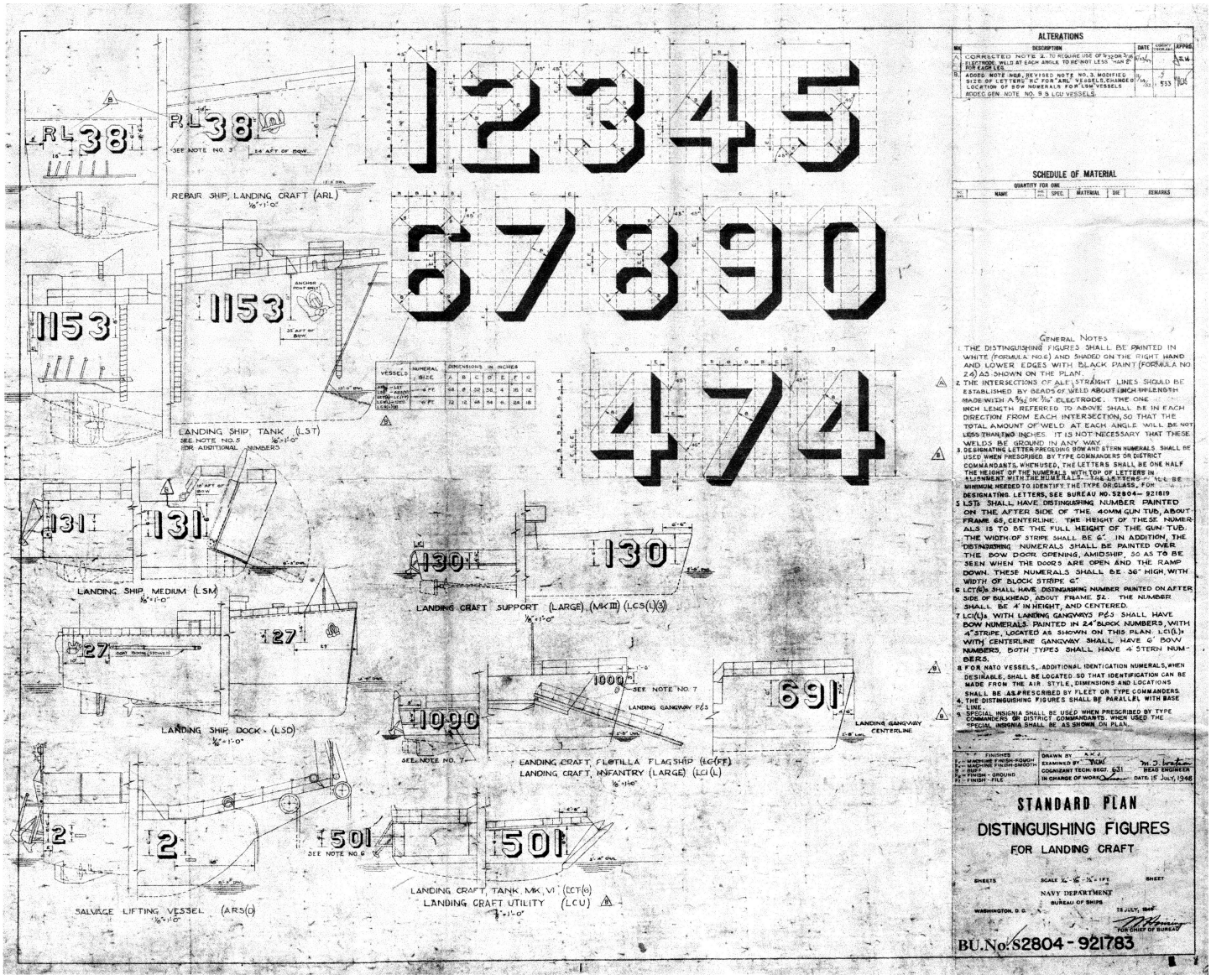Contriubted by Darryl Baker