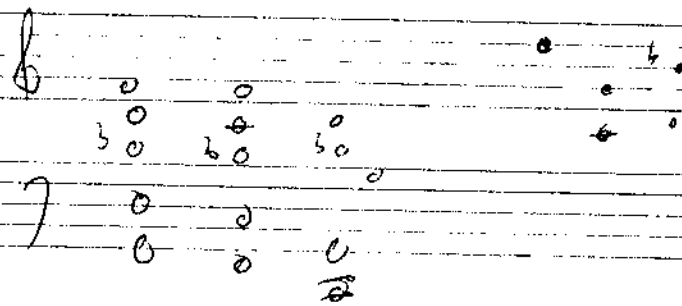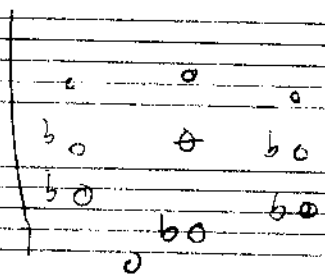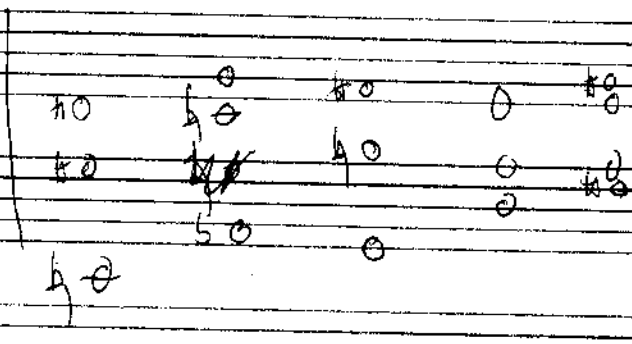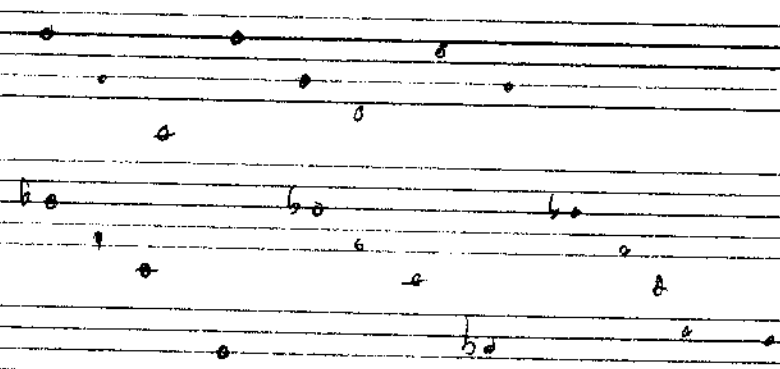# HEAVY