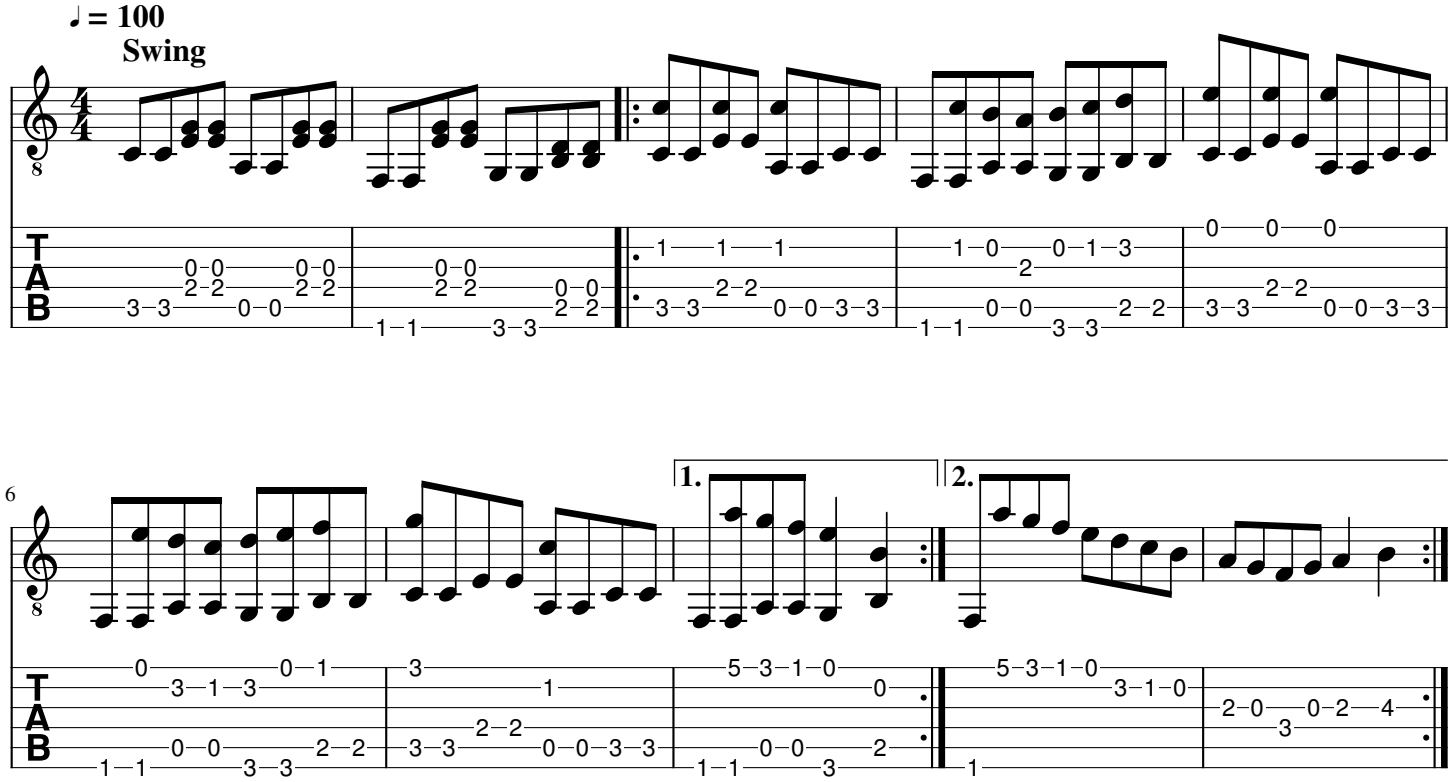Heart and Soul