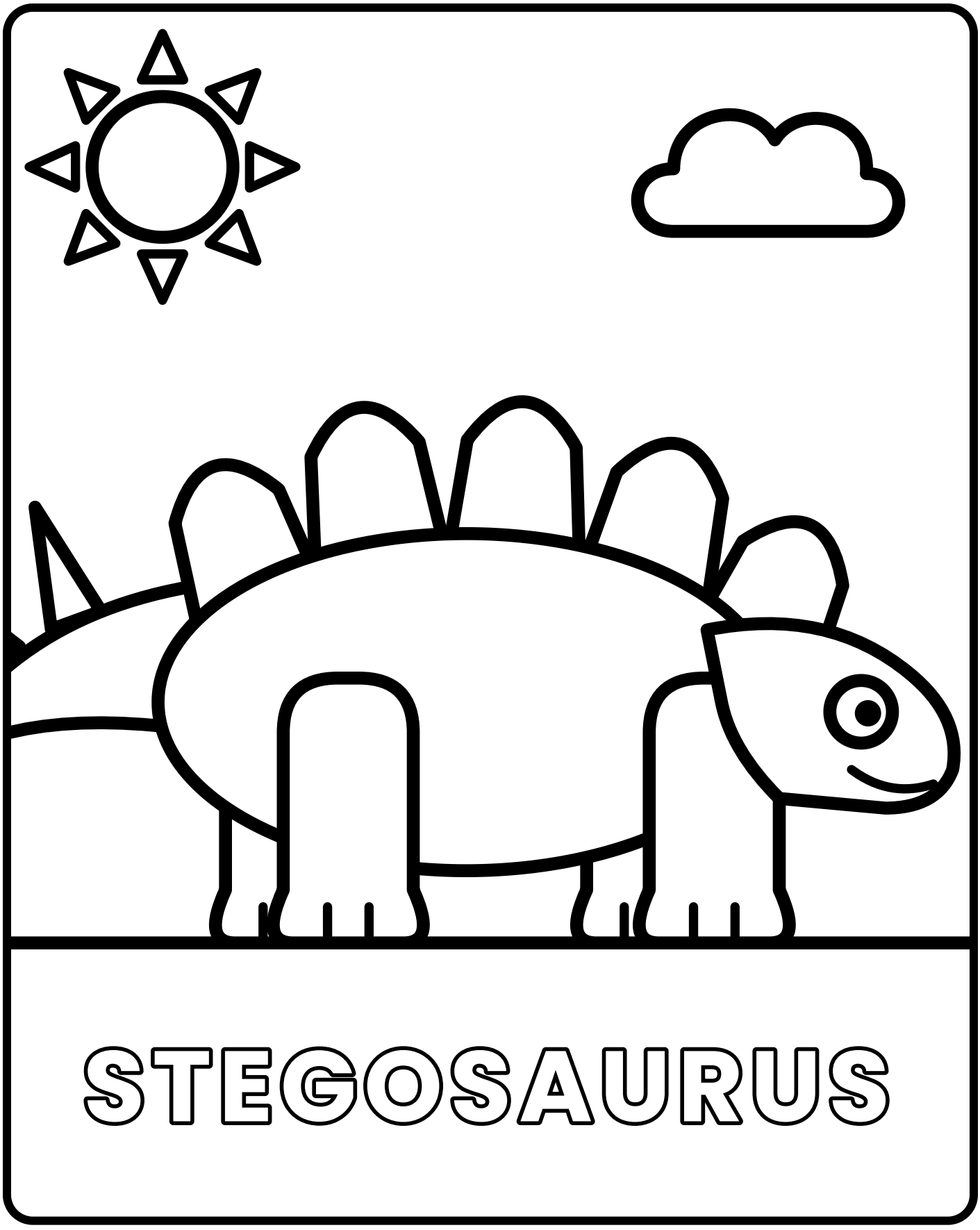


## Plates on My Back