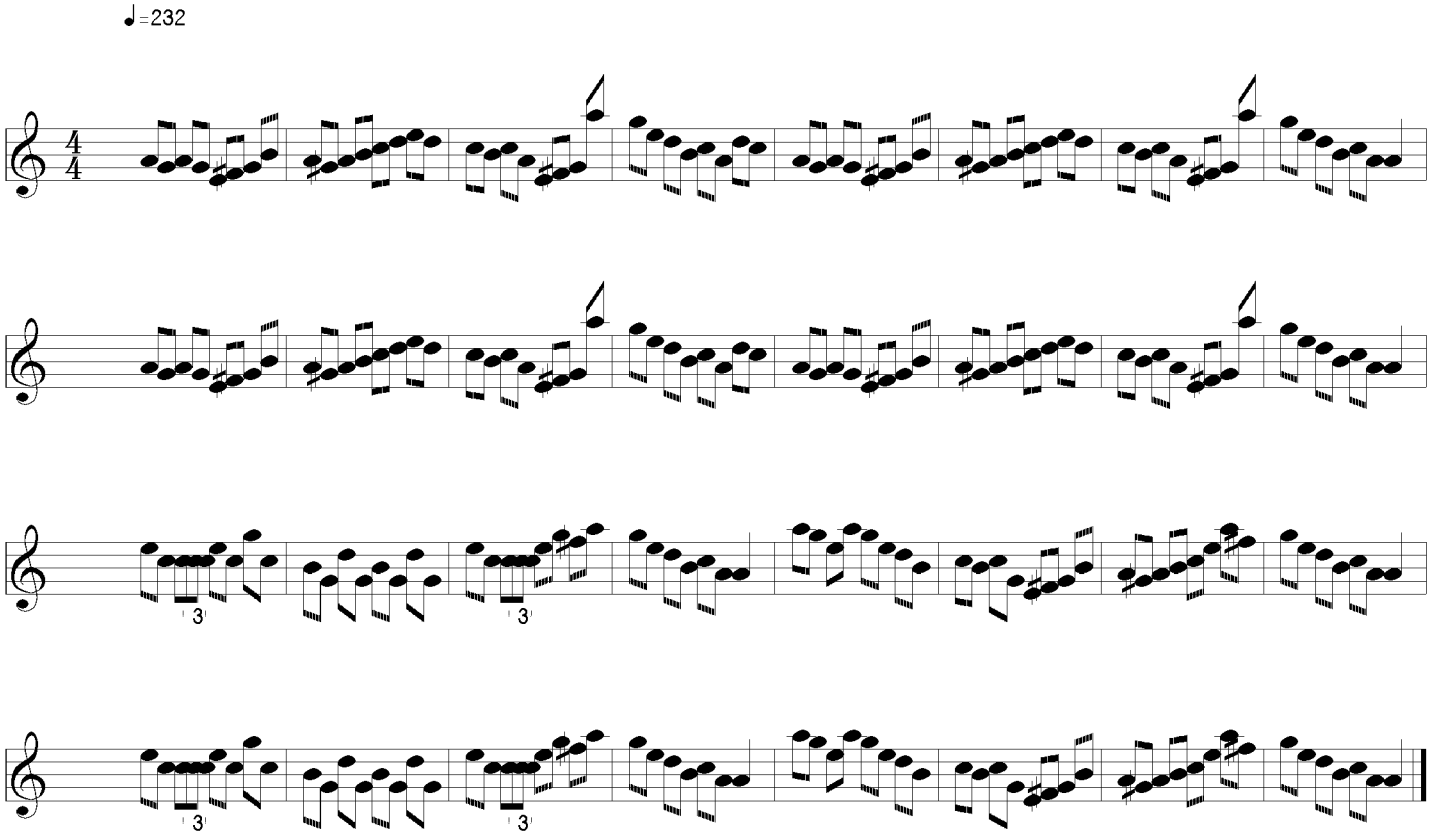Follow me Down