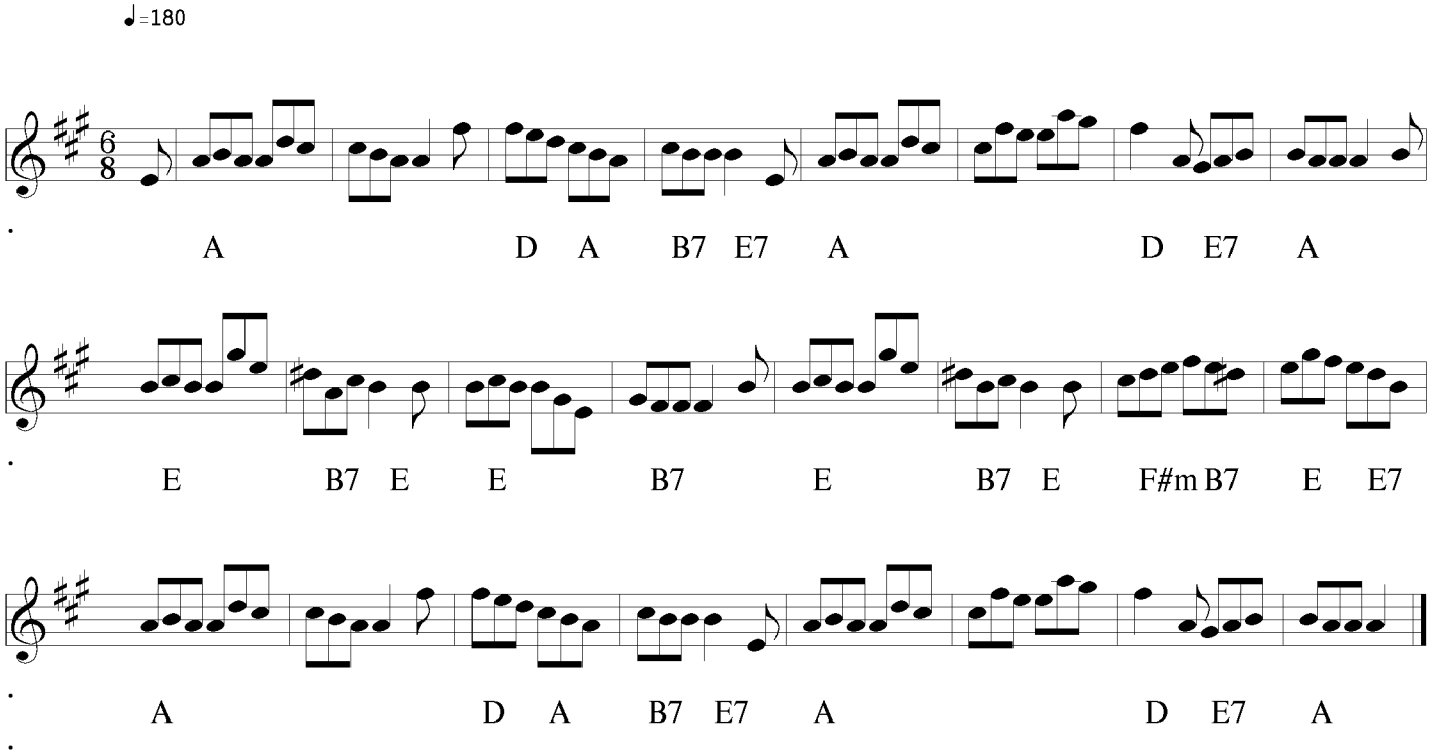The Nut