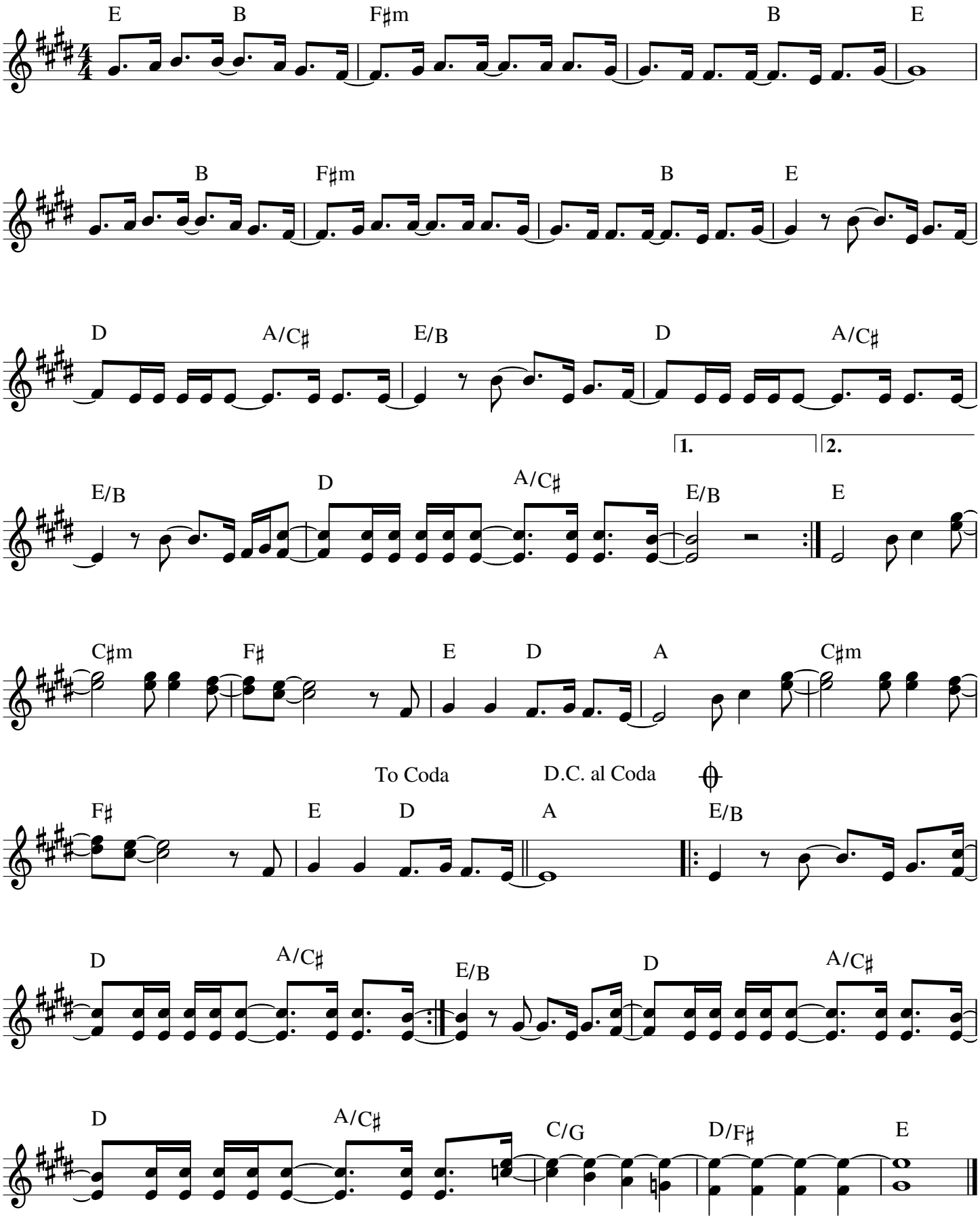With A Little Help From My Friends