#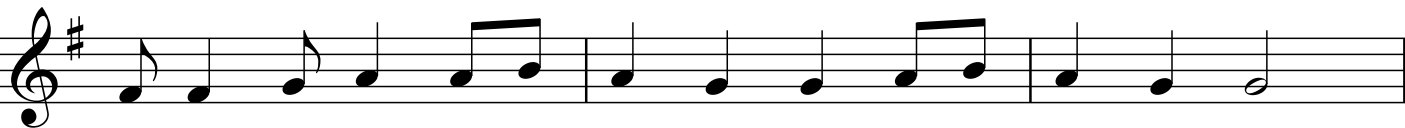 This Is The Day