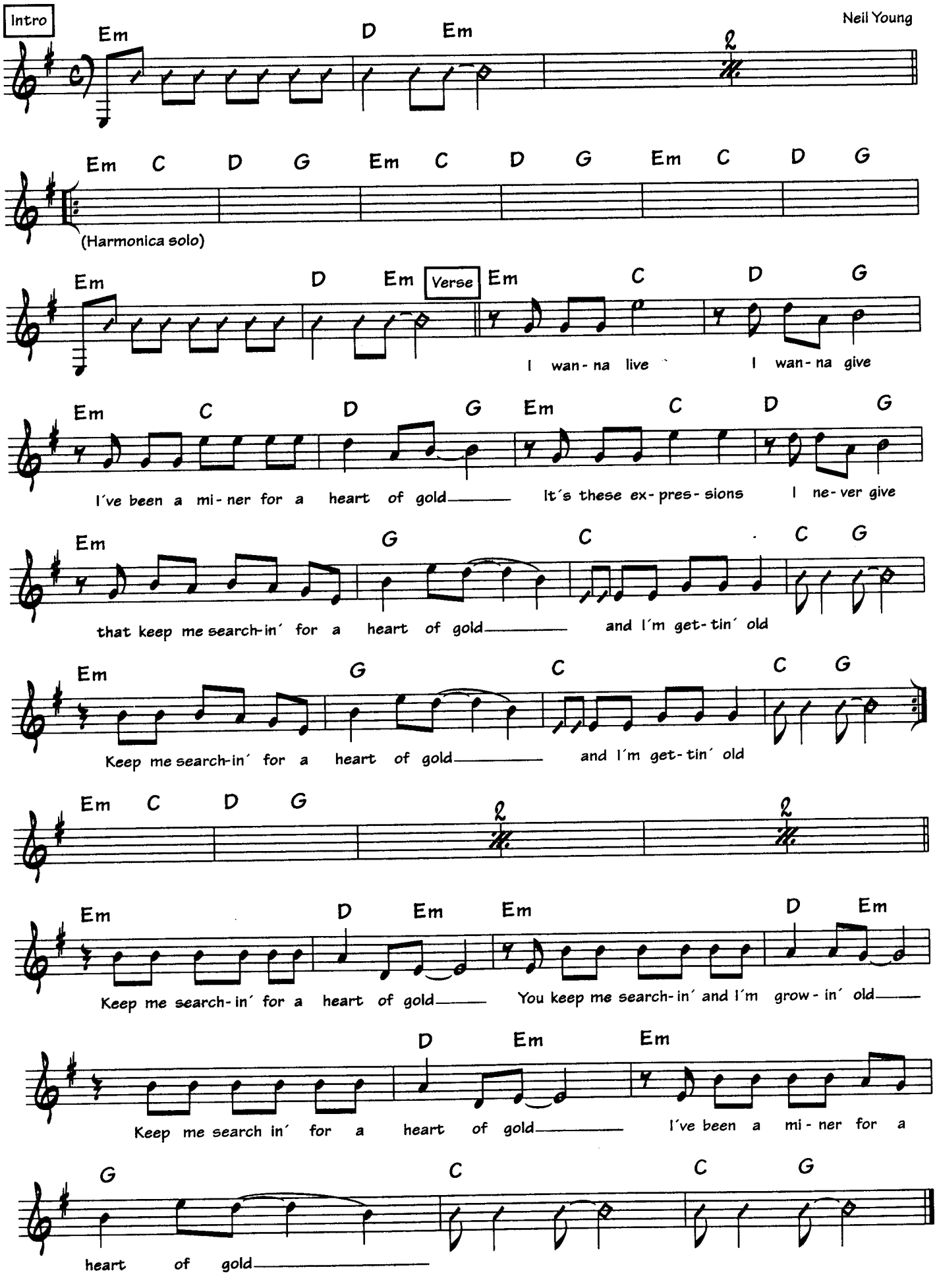Heart of Gold