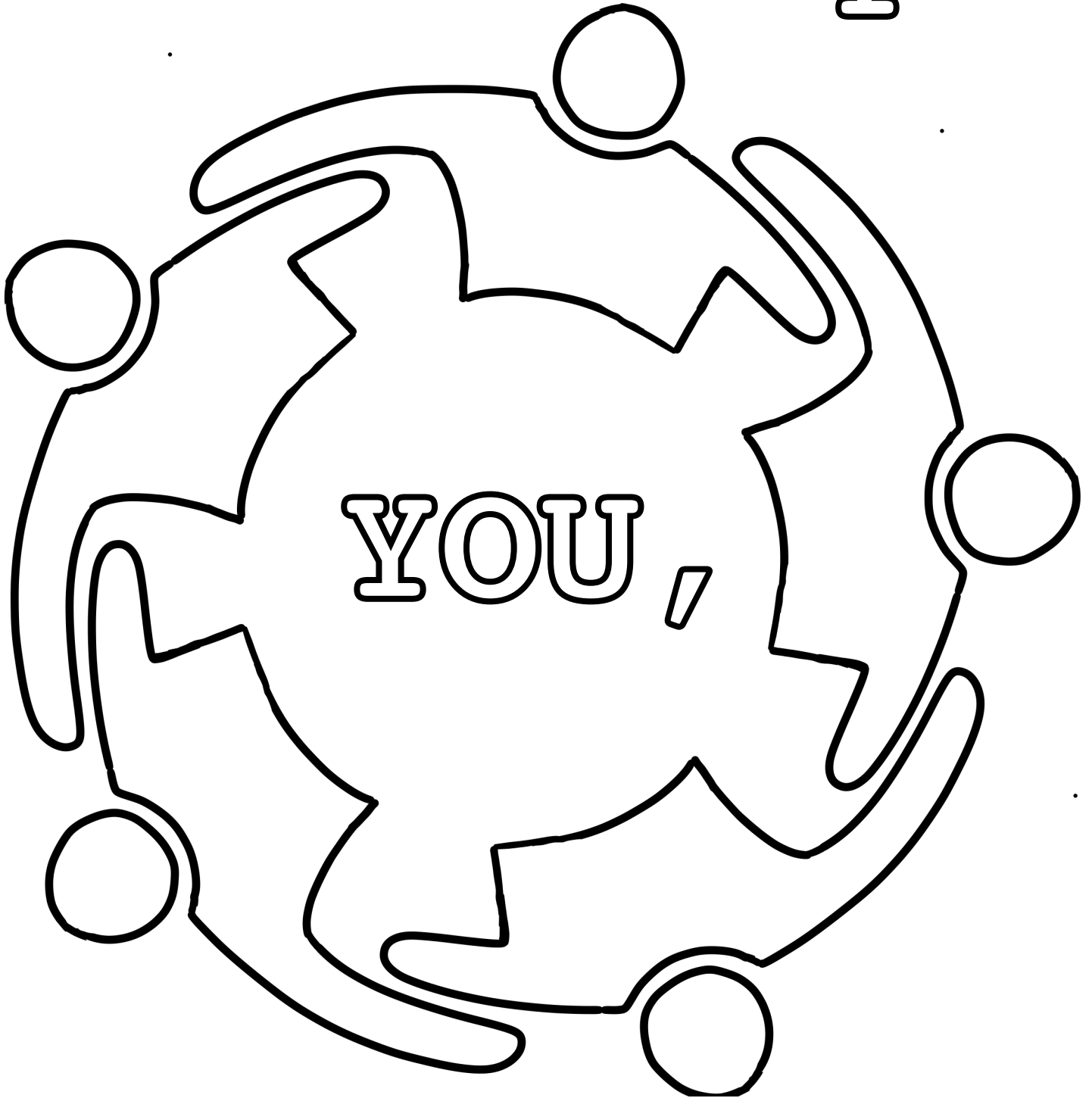


What helps



helps ME!