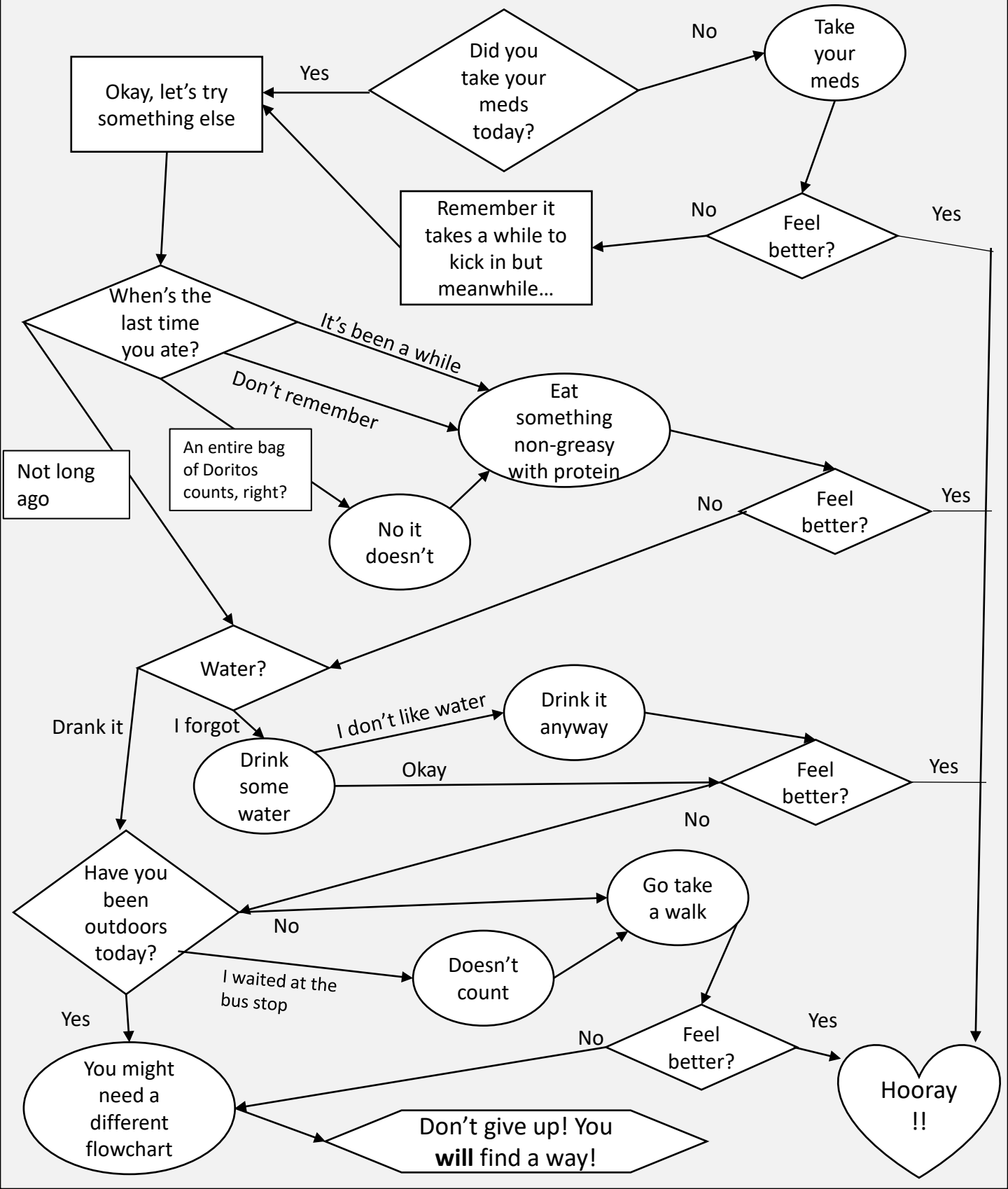
I FEEL AWFUL

What do?