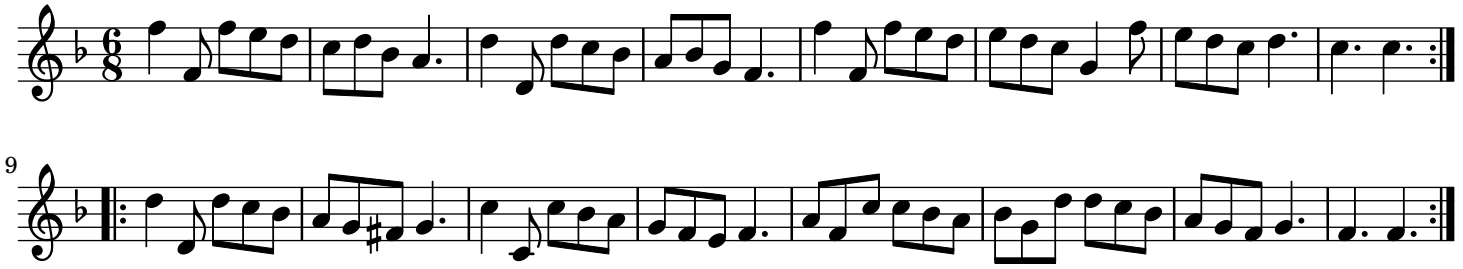
Keep It Up

trad.