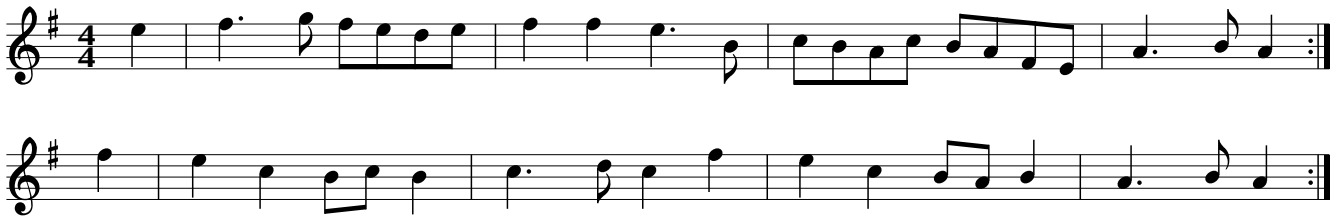Sweet Bama