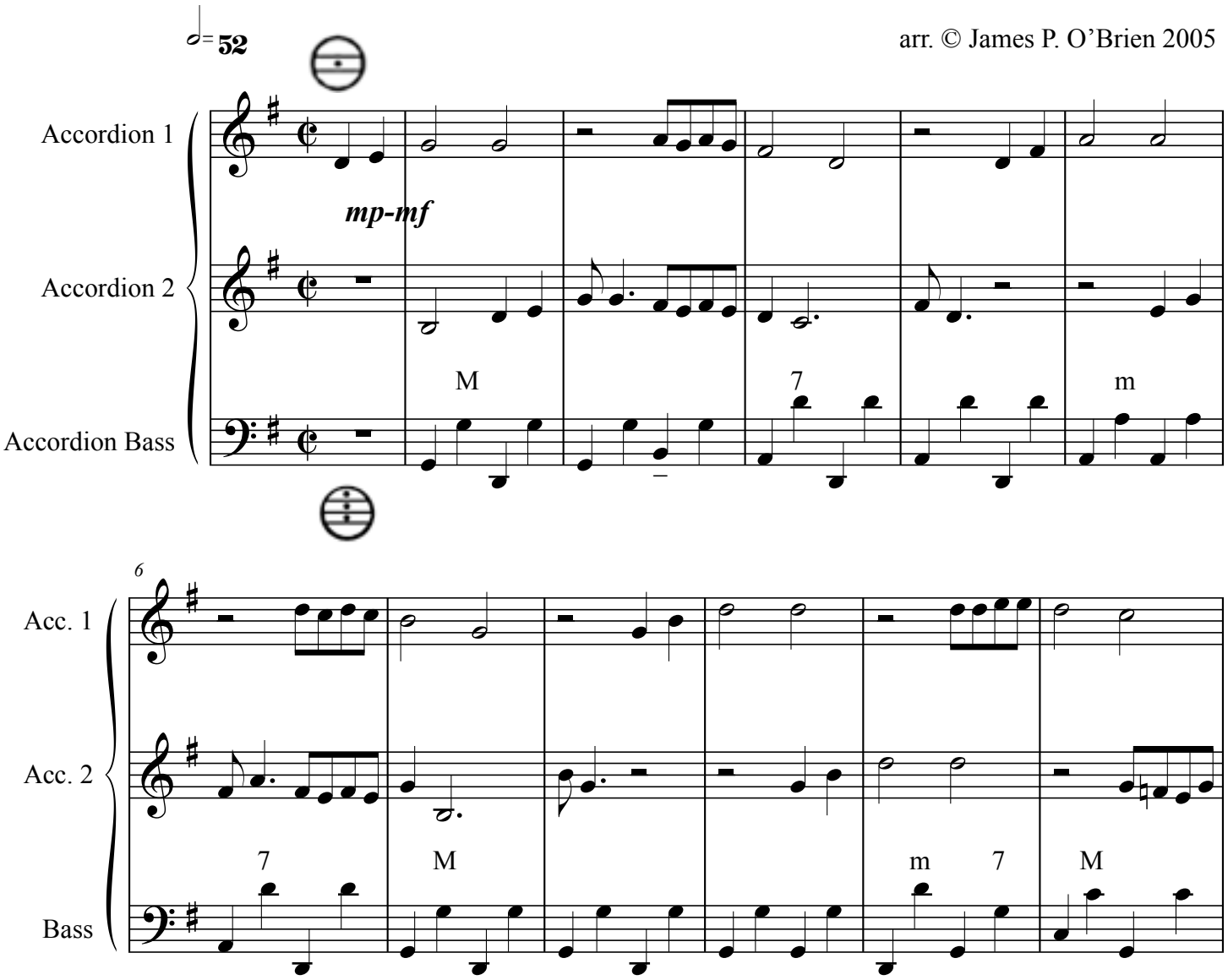Take This Hammer