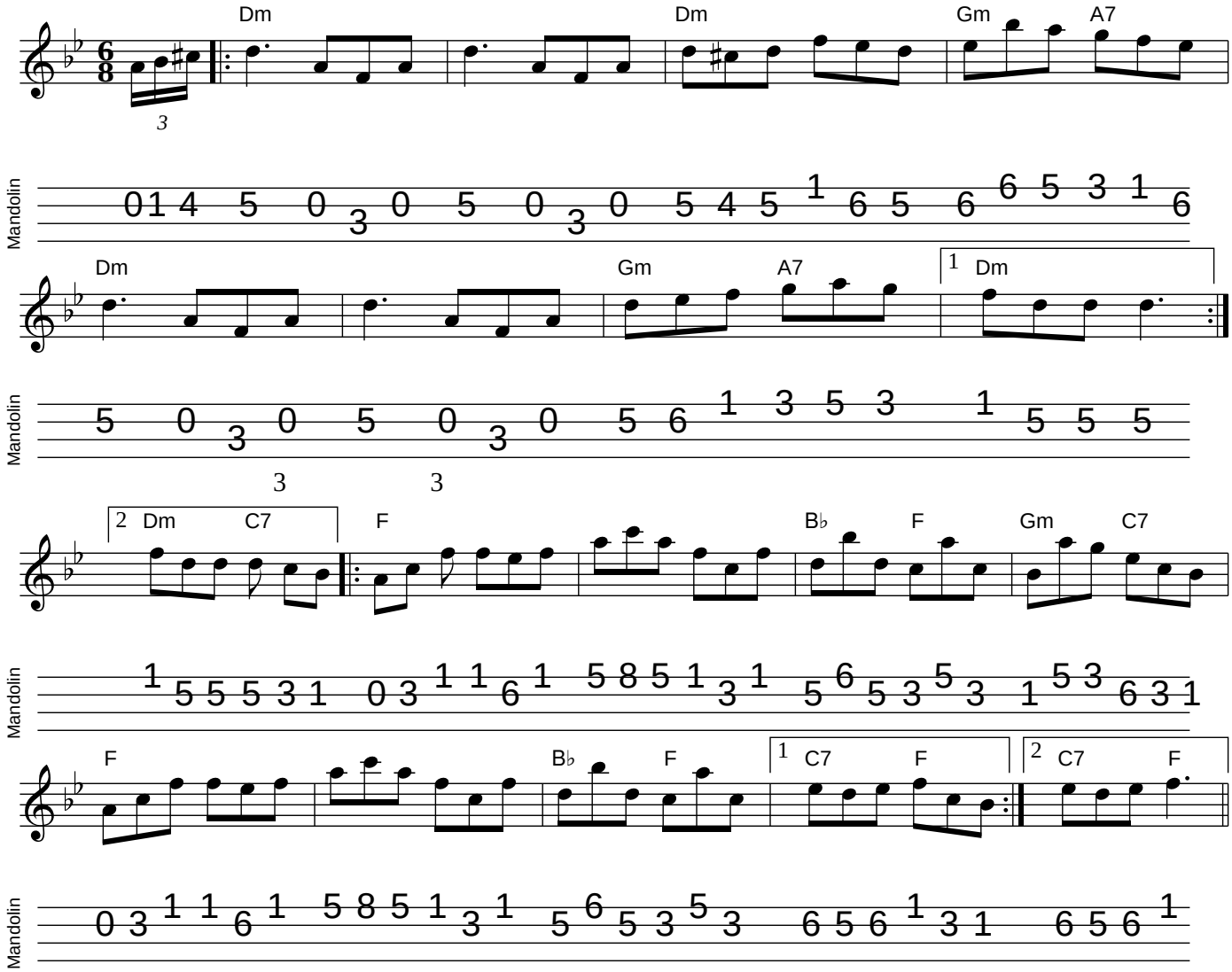Swimming In The Gutter