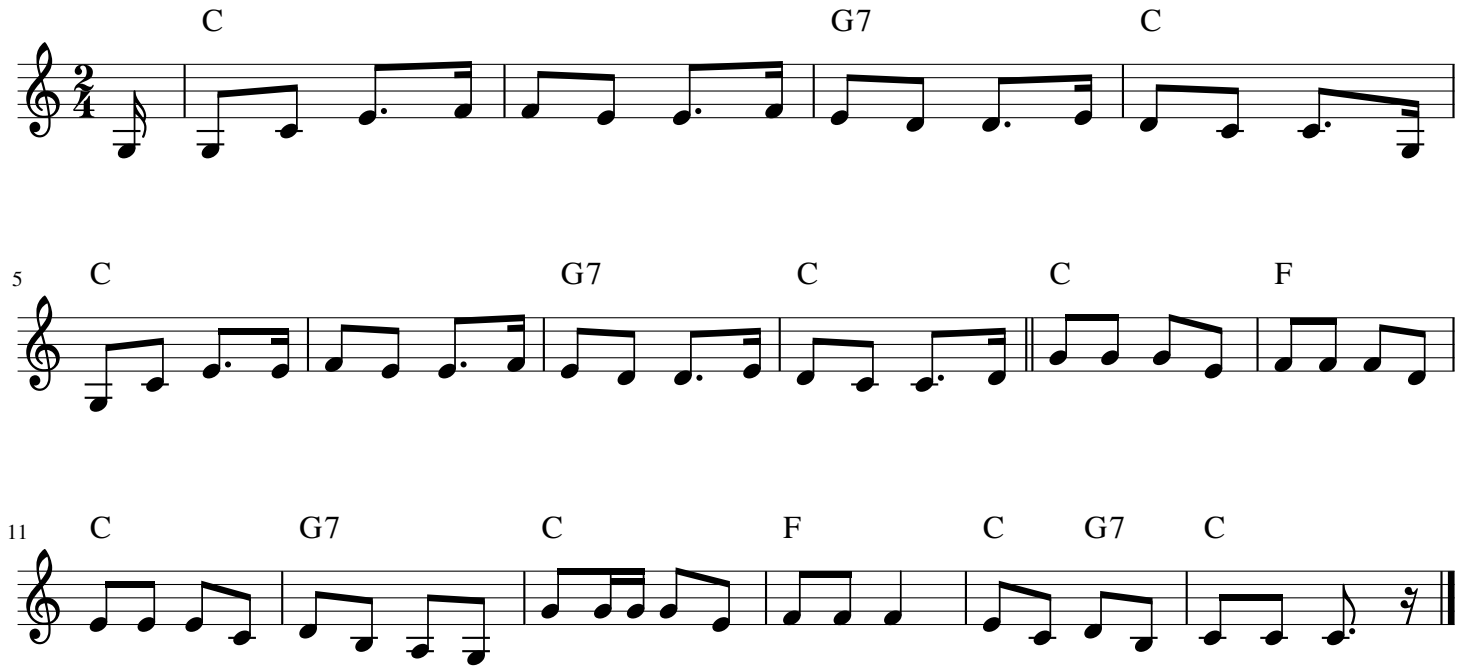Tell Me Ma