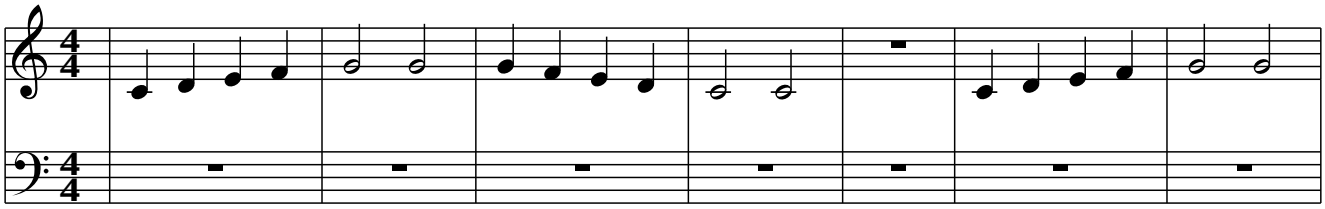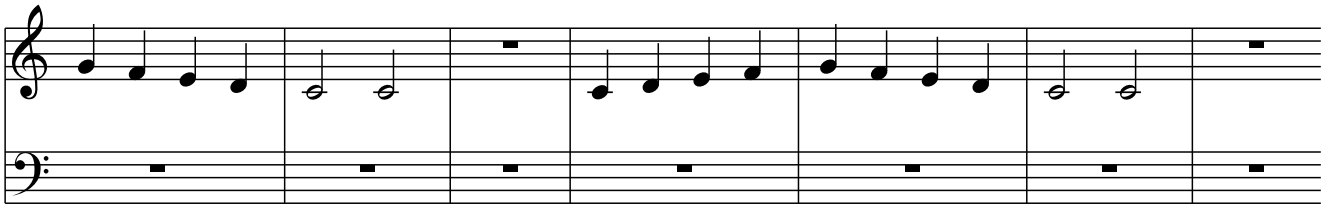Up and Down