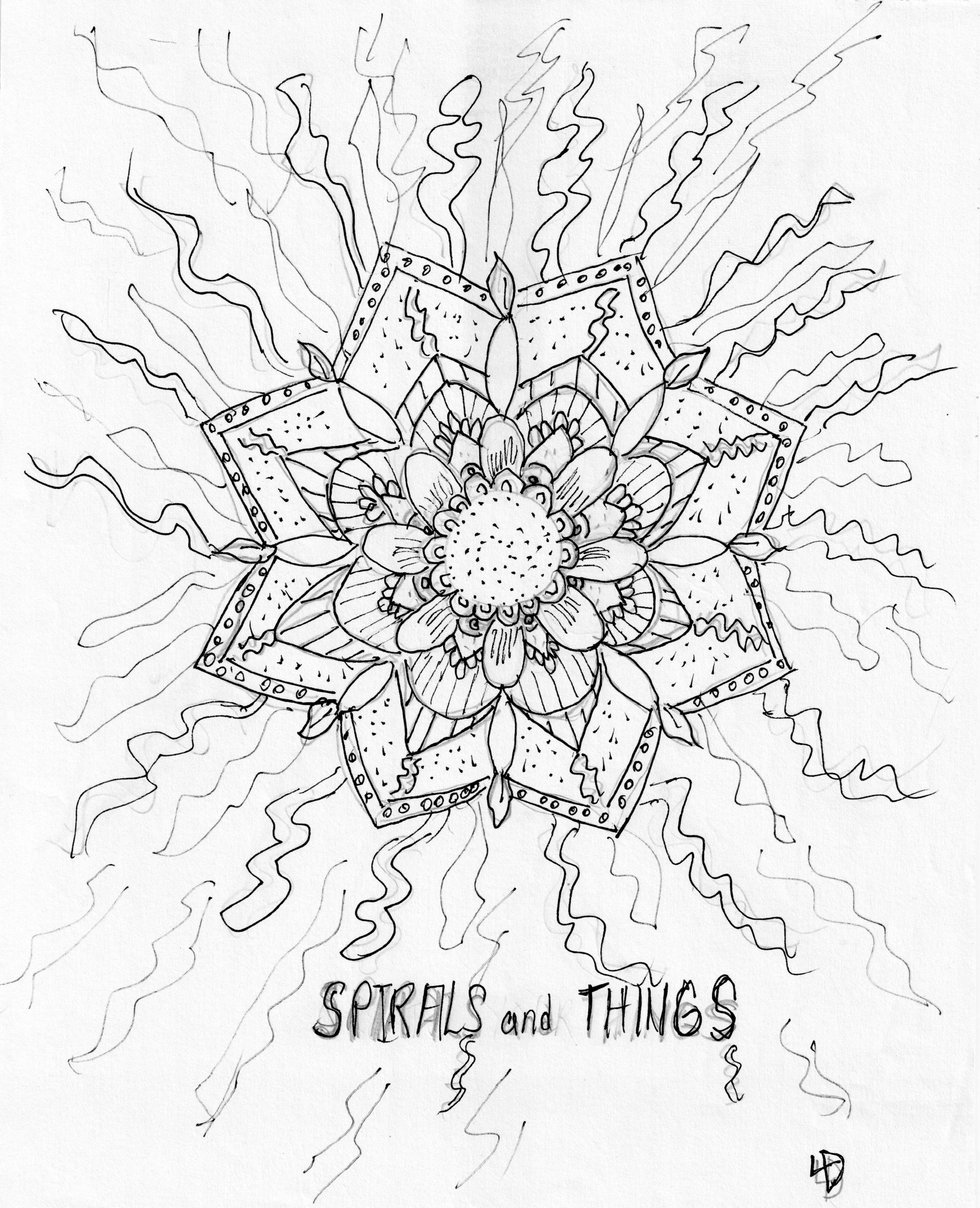
SPIRALS and THINGS