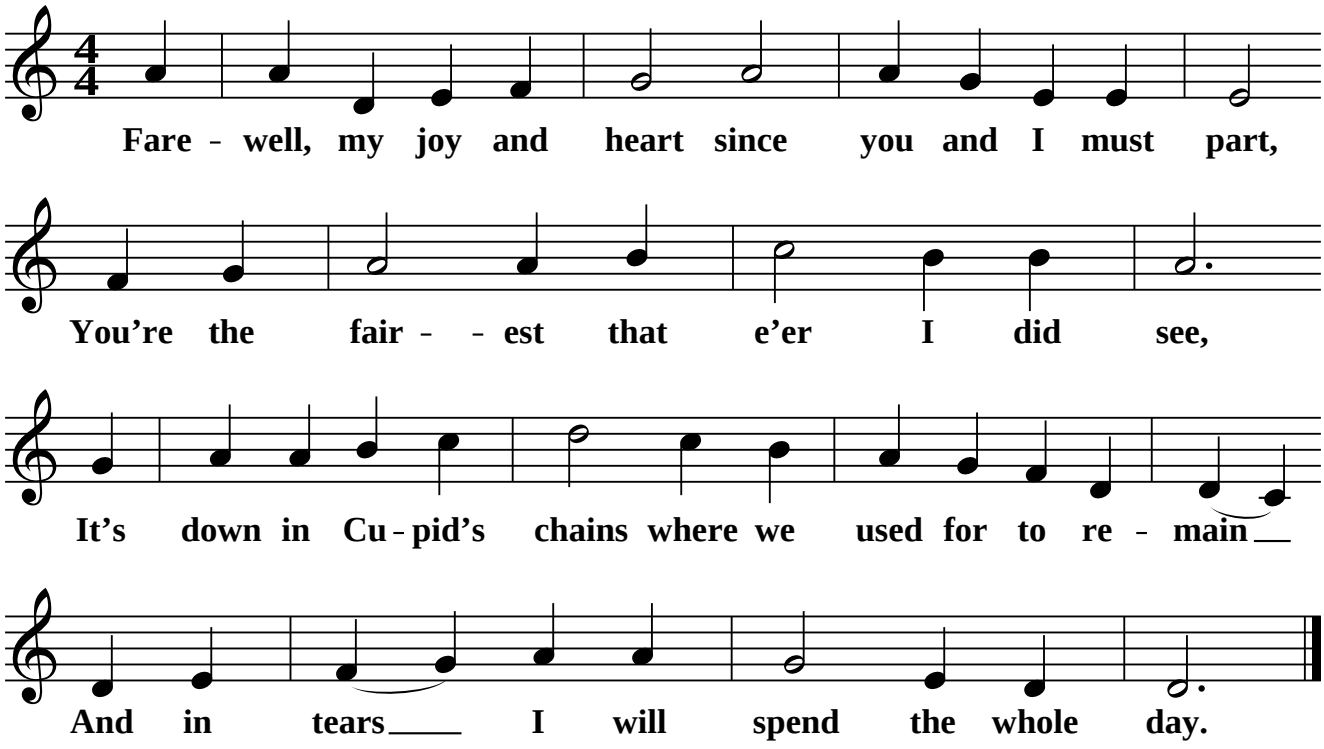Farewell My Joy and Heart