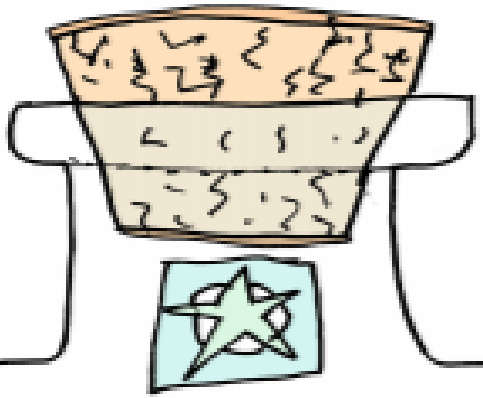MY POTION POEM ....