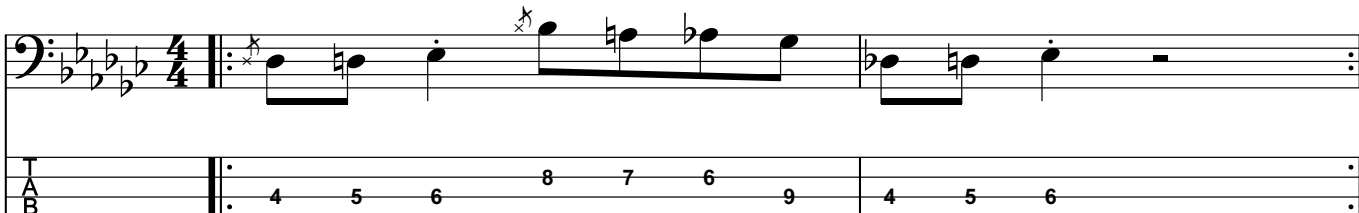
Stone to the bone

(James Brown)