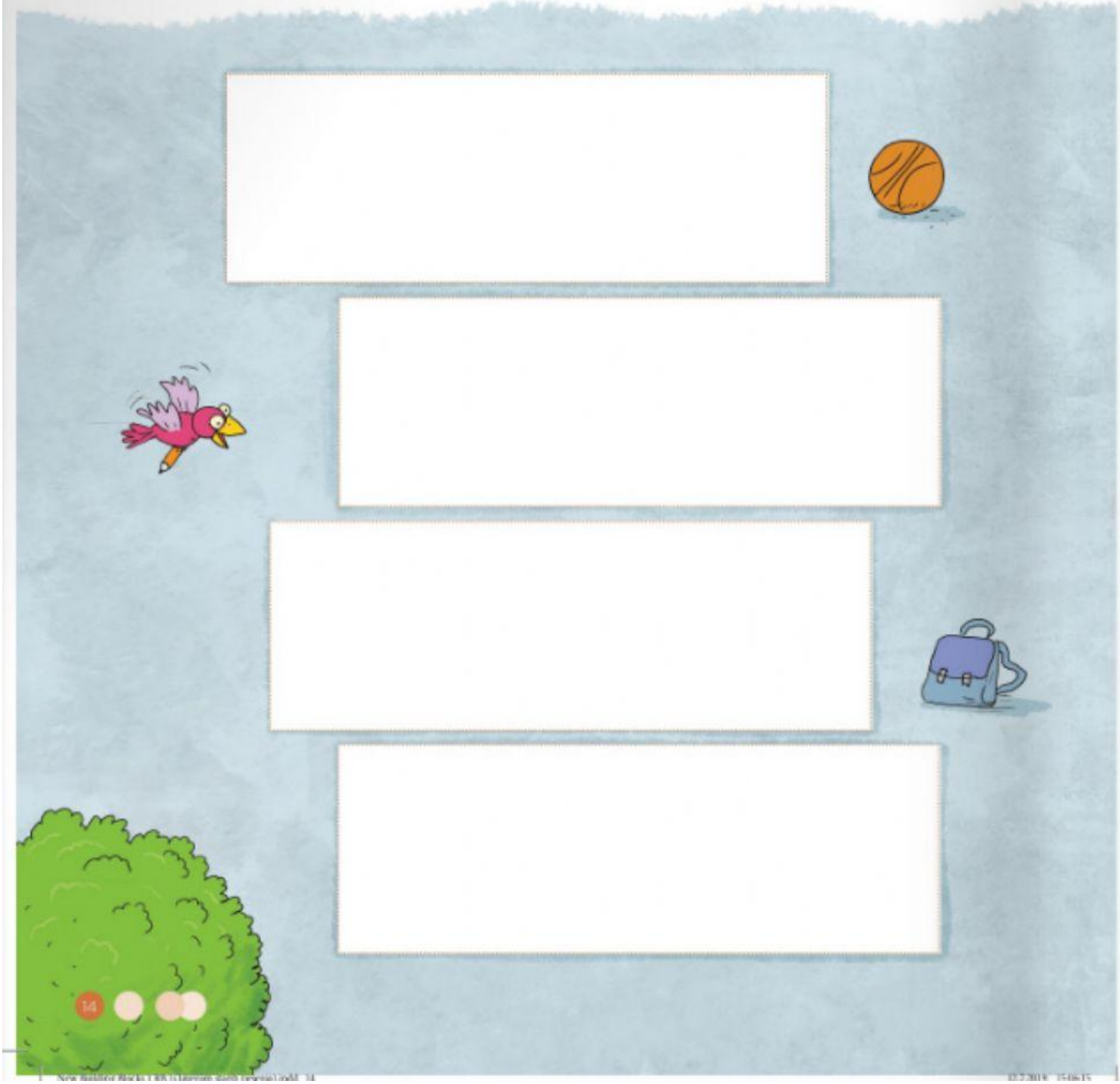
UP AND DOWN

1 Listen. Then stick.