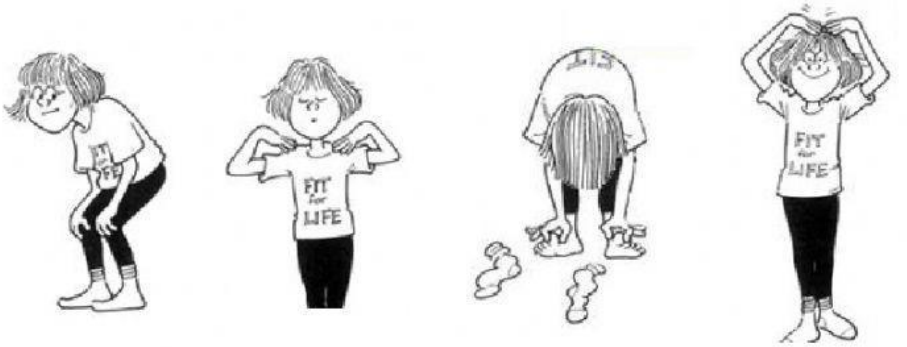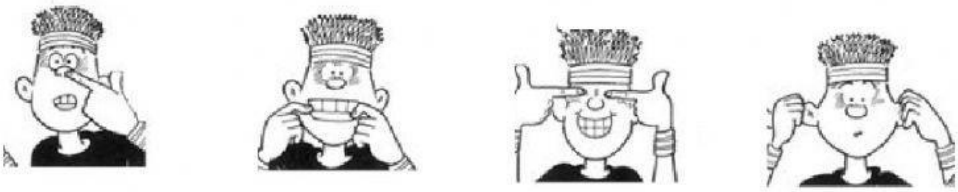Head, shoulders, knees and toes cut and paste