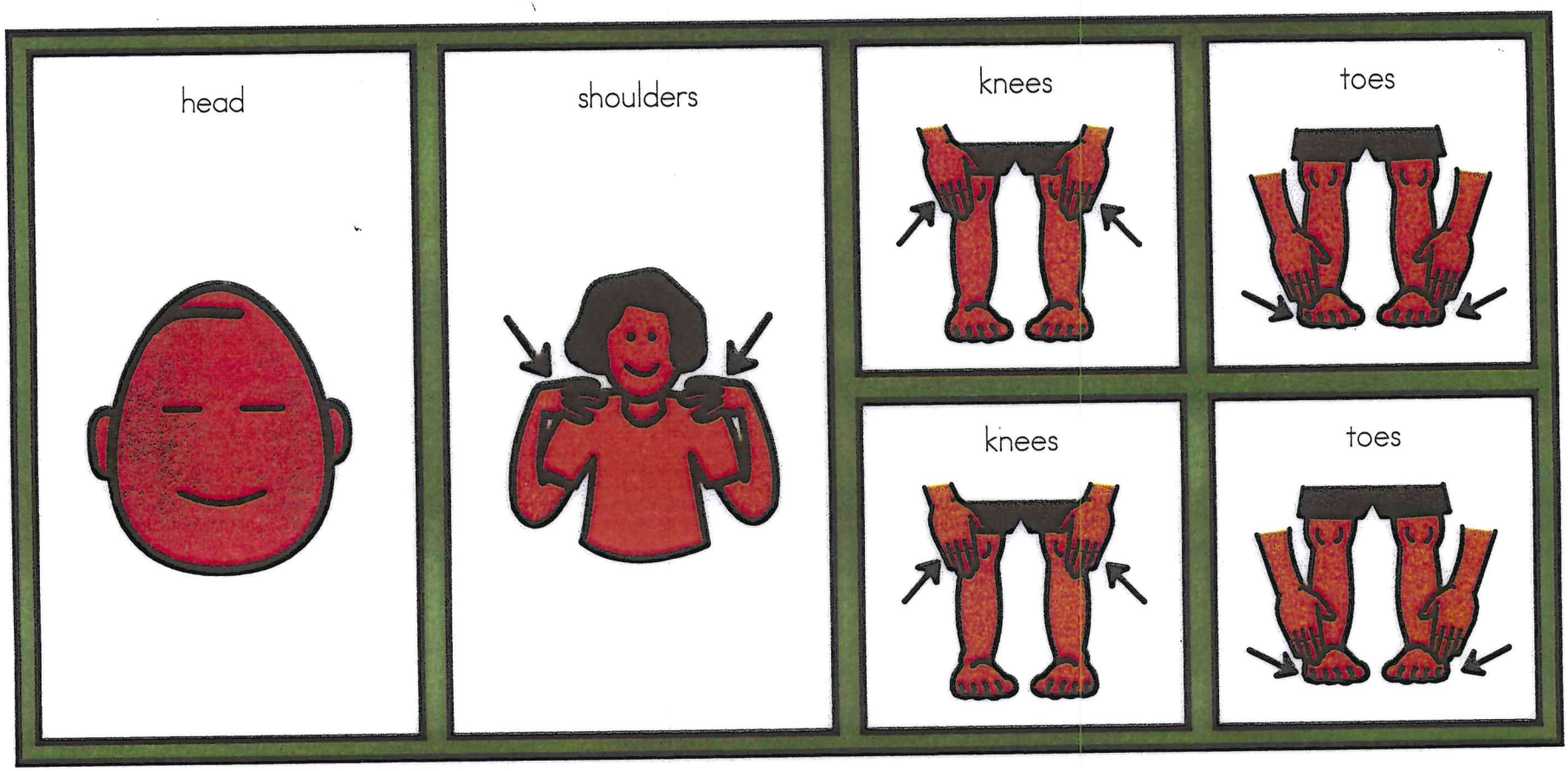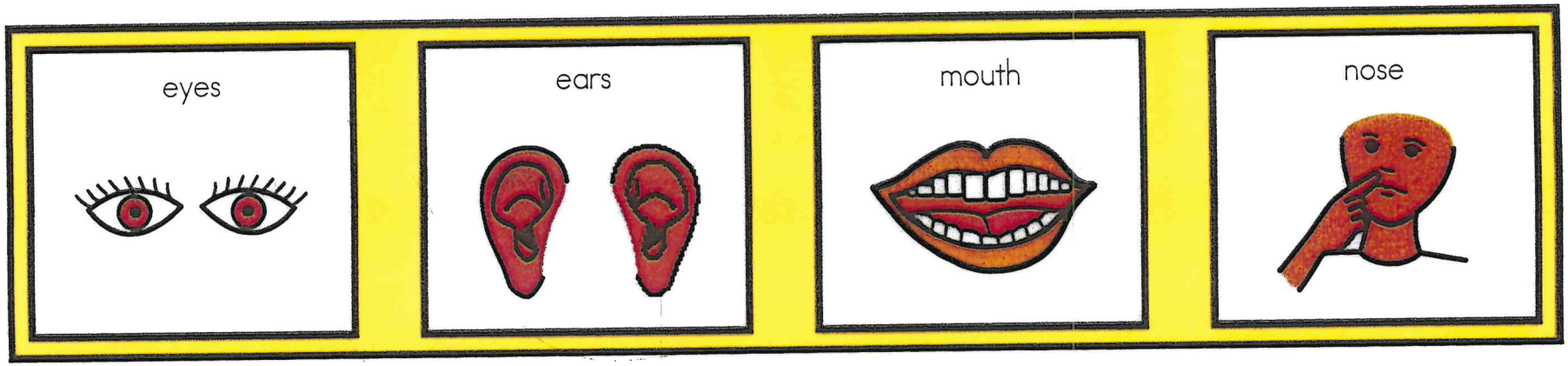Head, Shoulders, Knees, & Toes