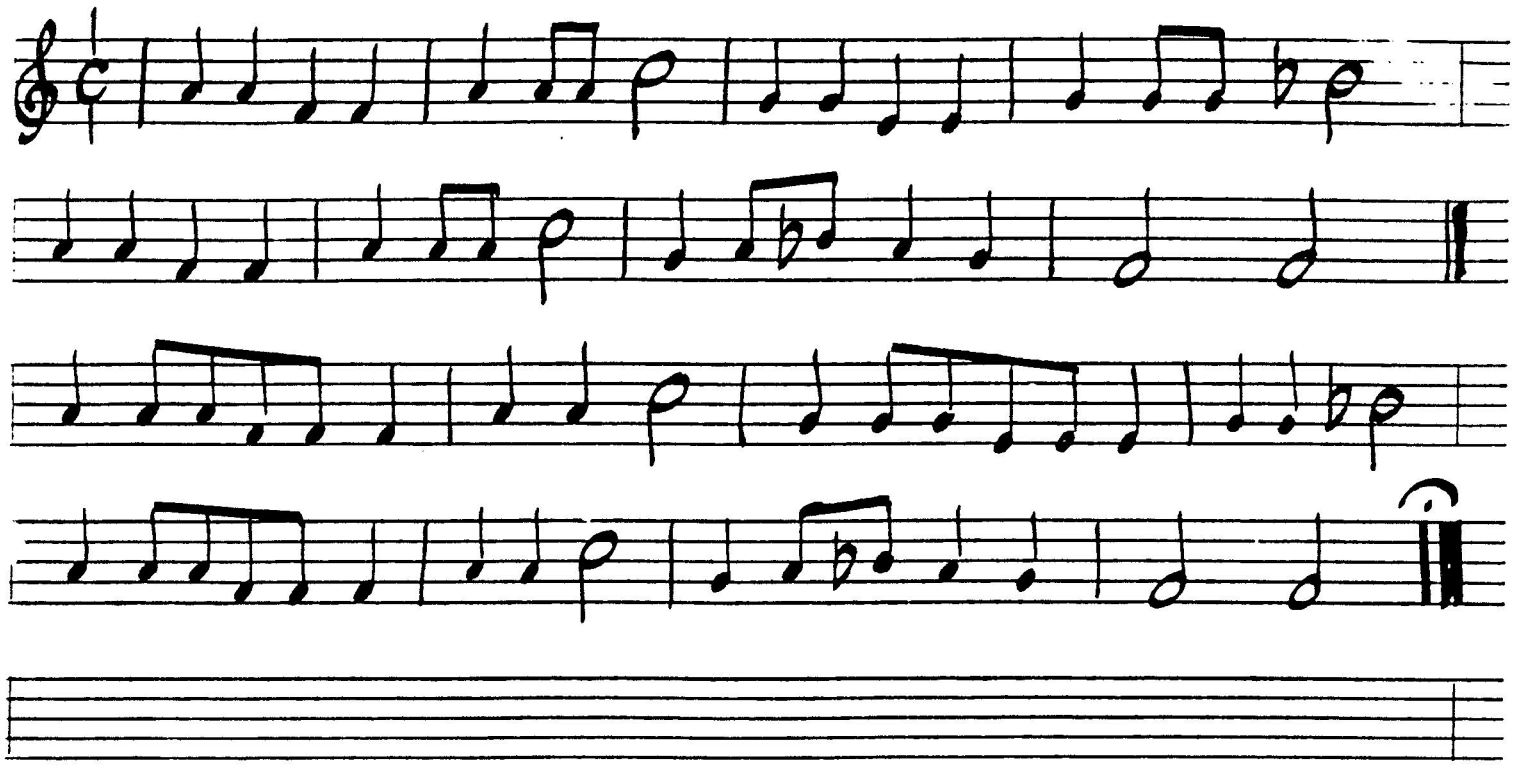Skip to My Lou