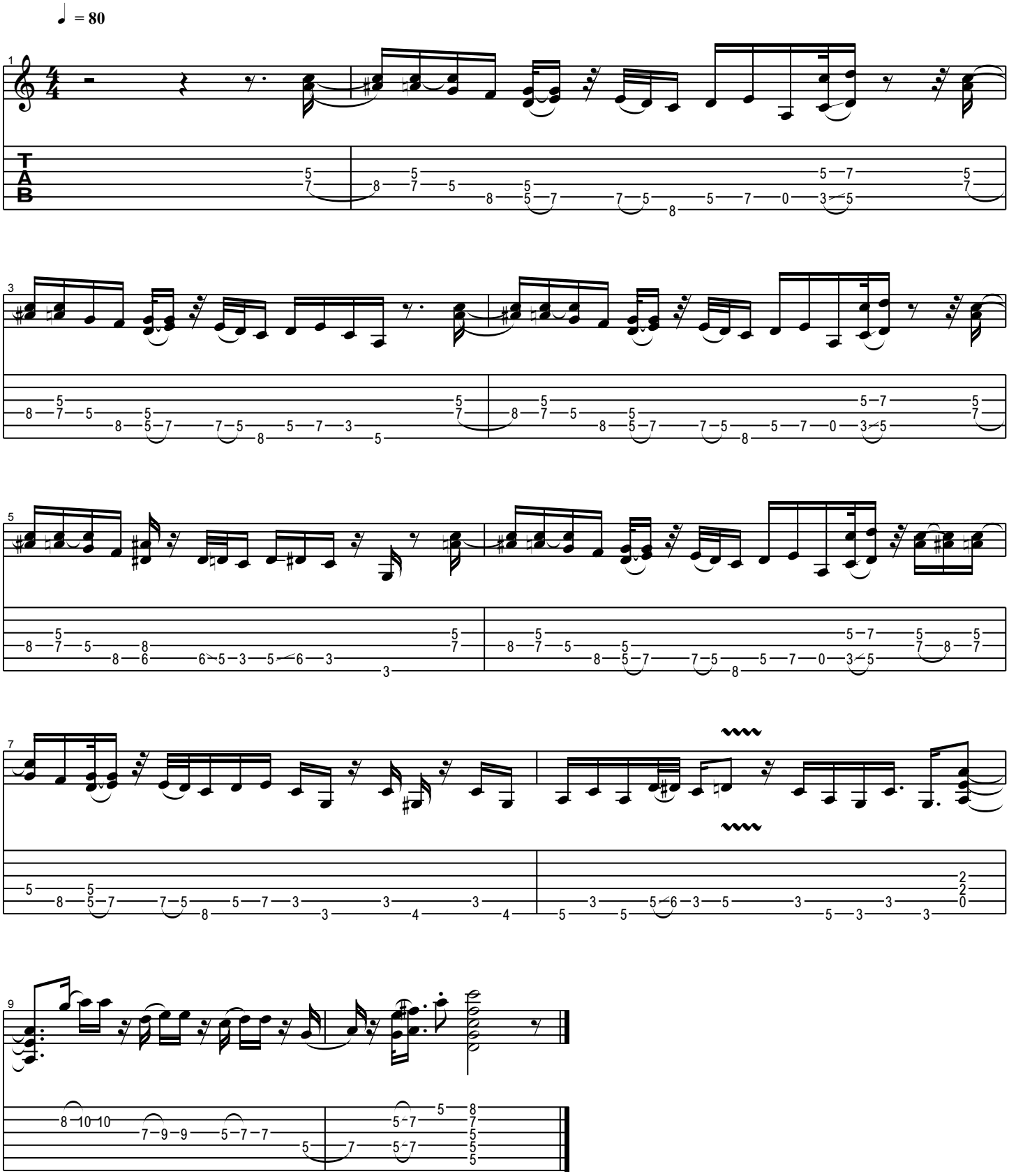Sit Tight