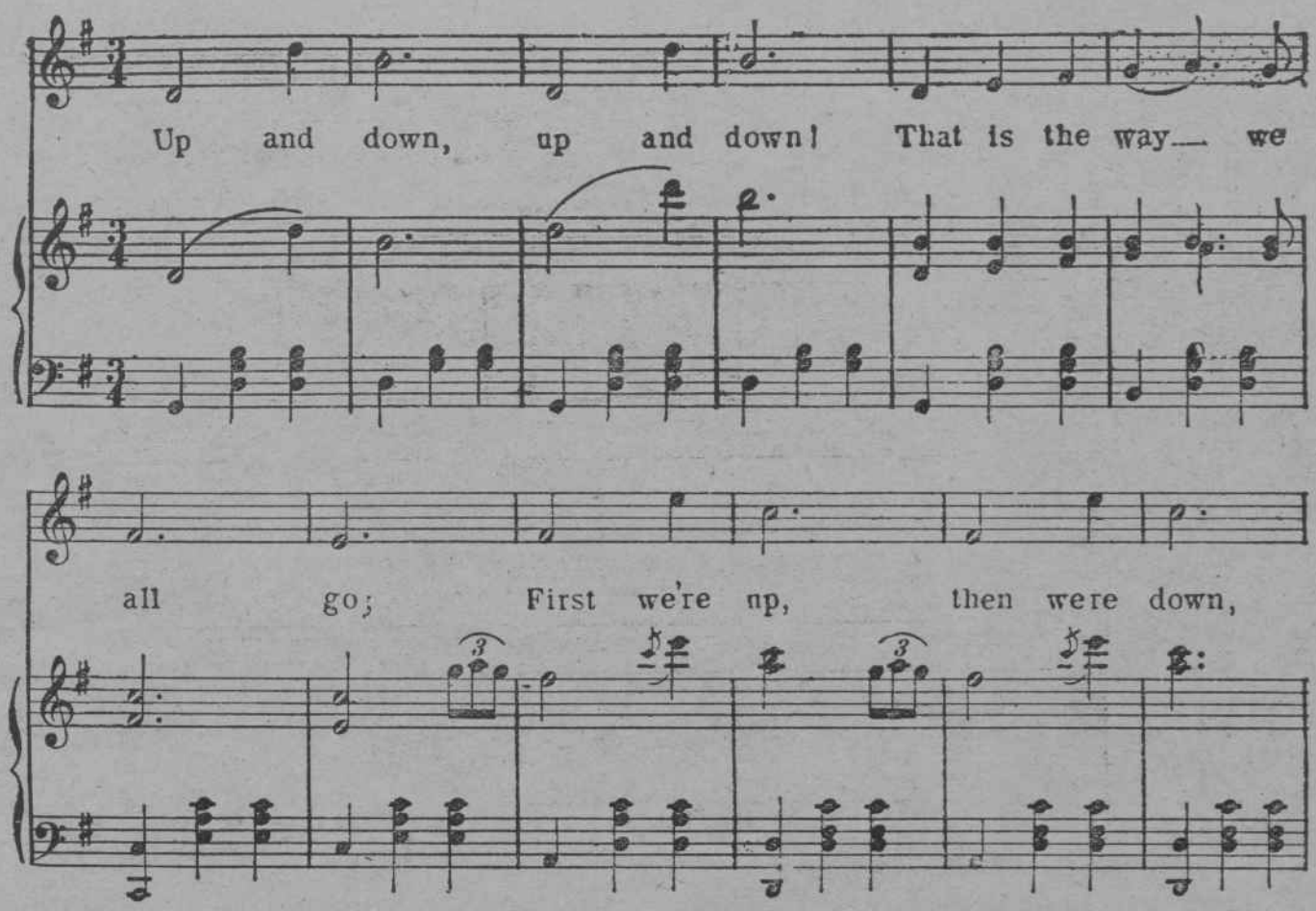
Up and down, up and down! That is the way we
all go; First we're up, then were down,