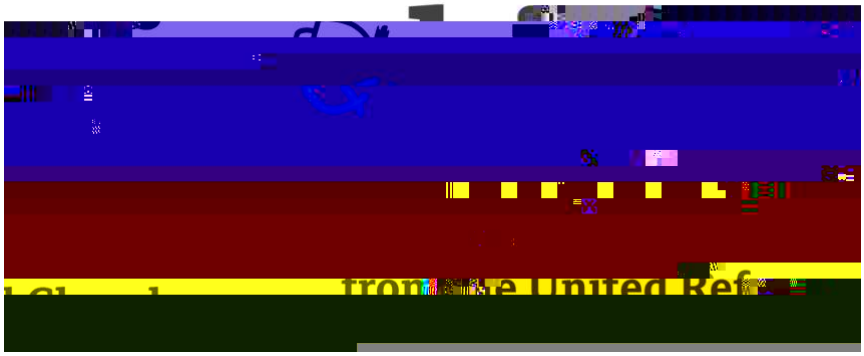

Silence

(Best practice this at home first as it can take a couple of goes to get it right!)