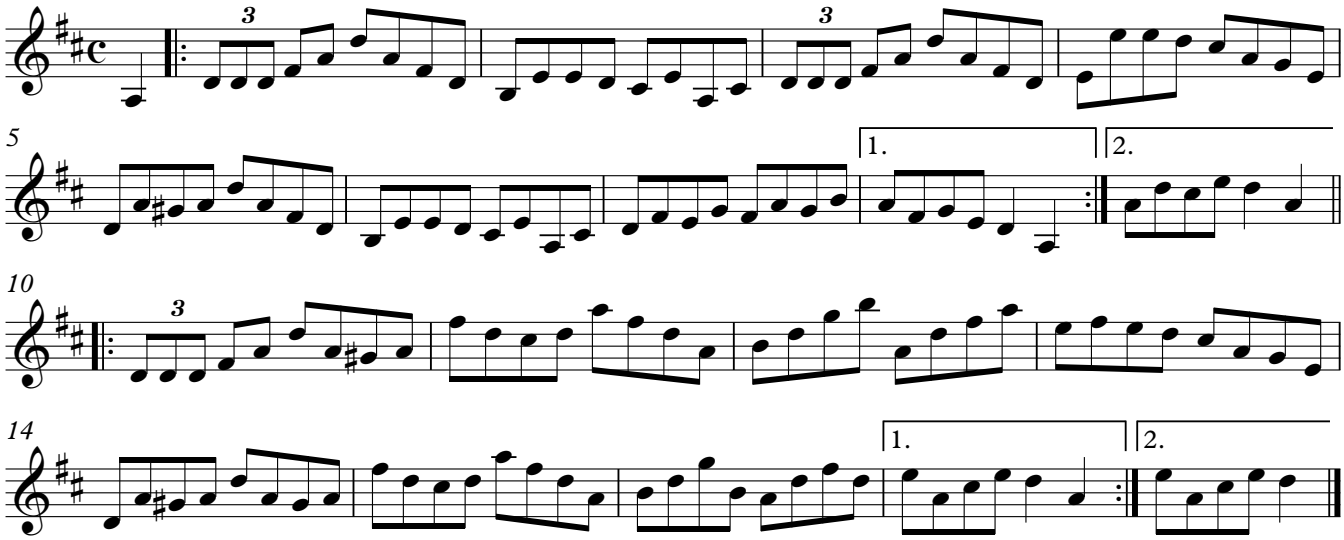The Hammer and Anvil