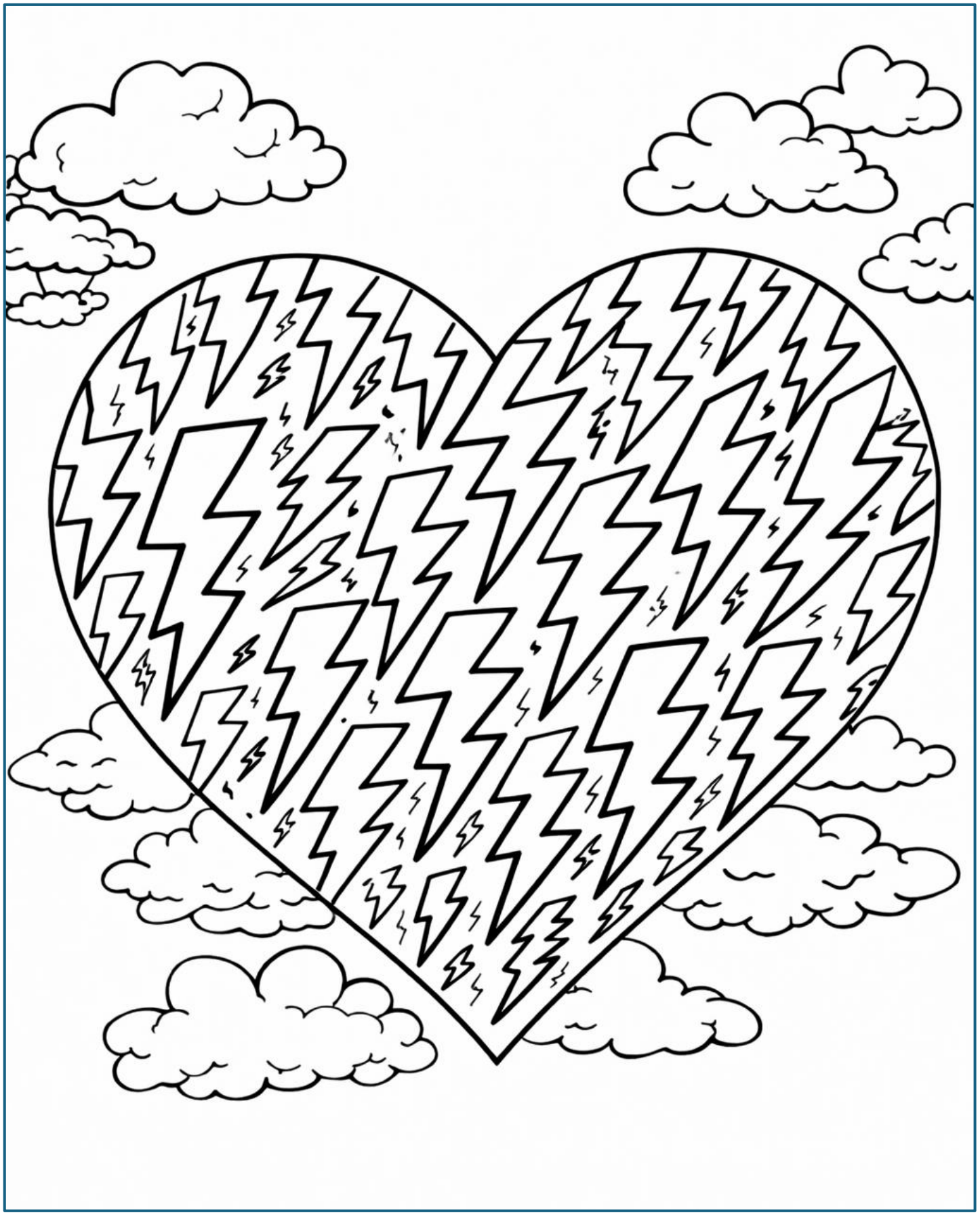Colour my Heart