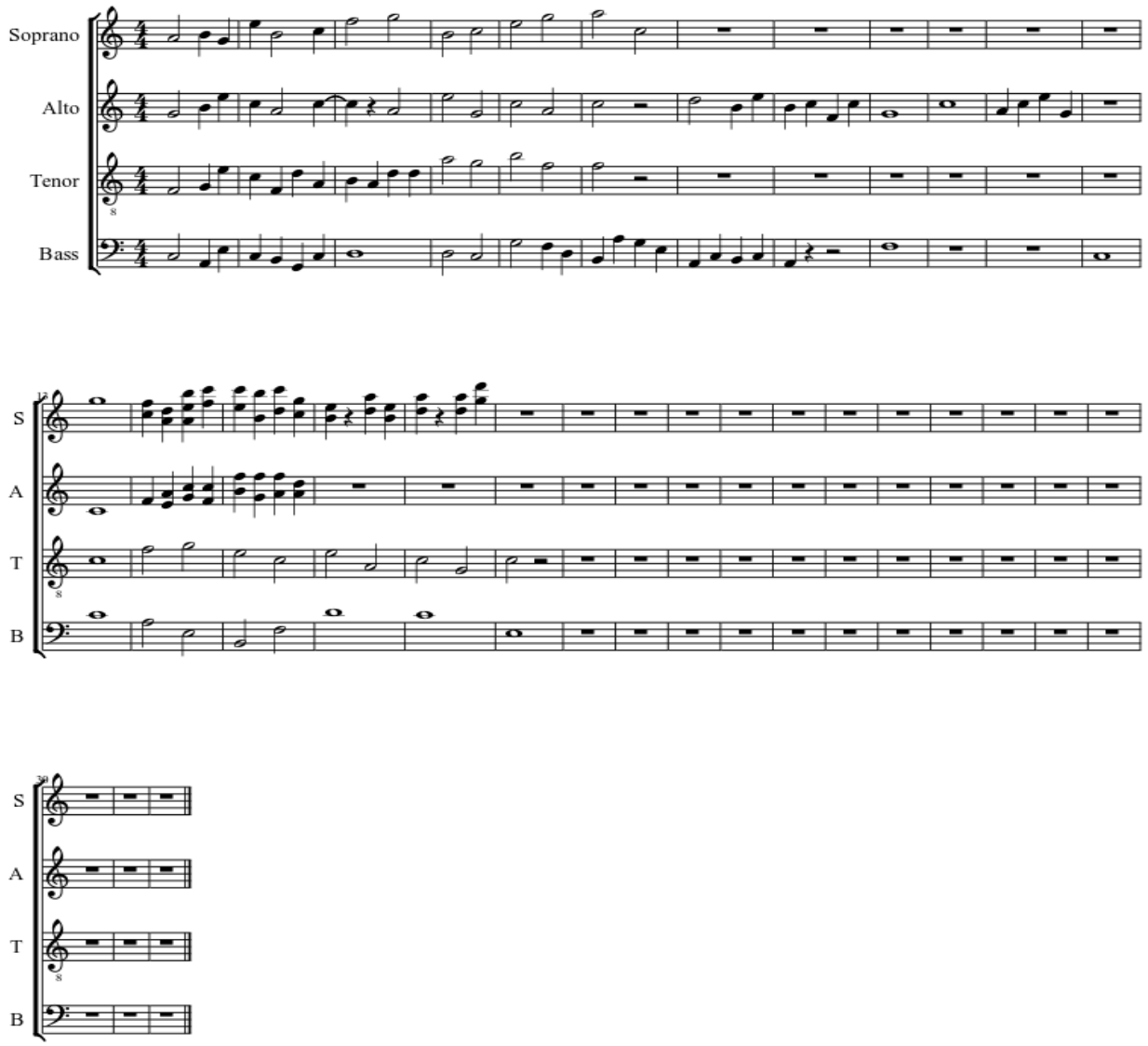Uprise MY LORD