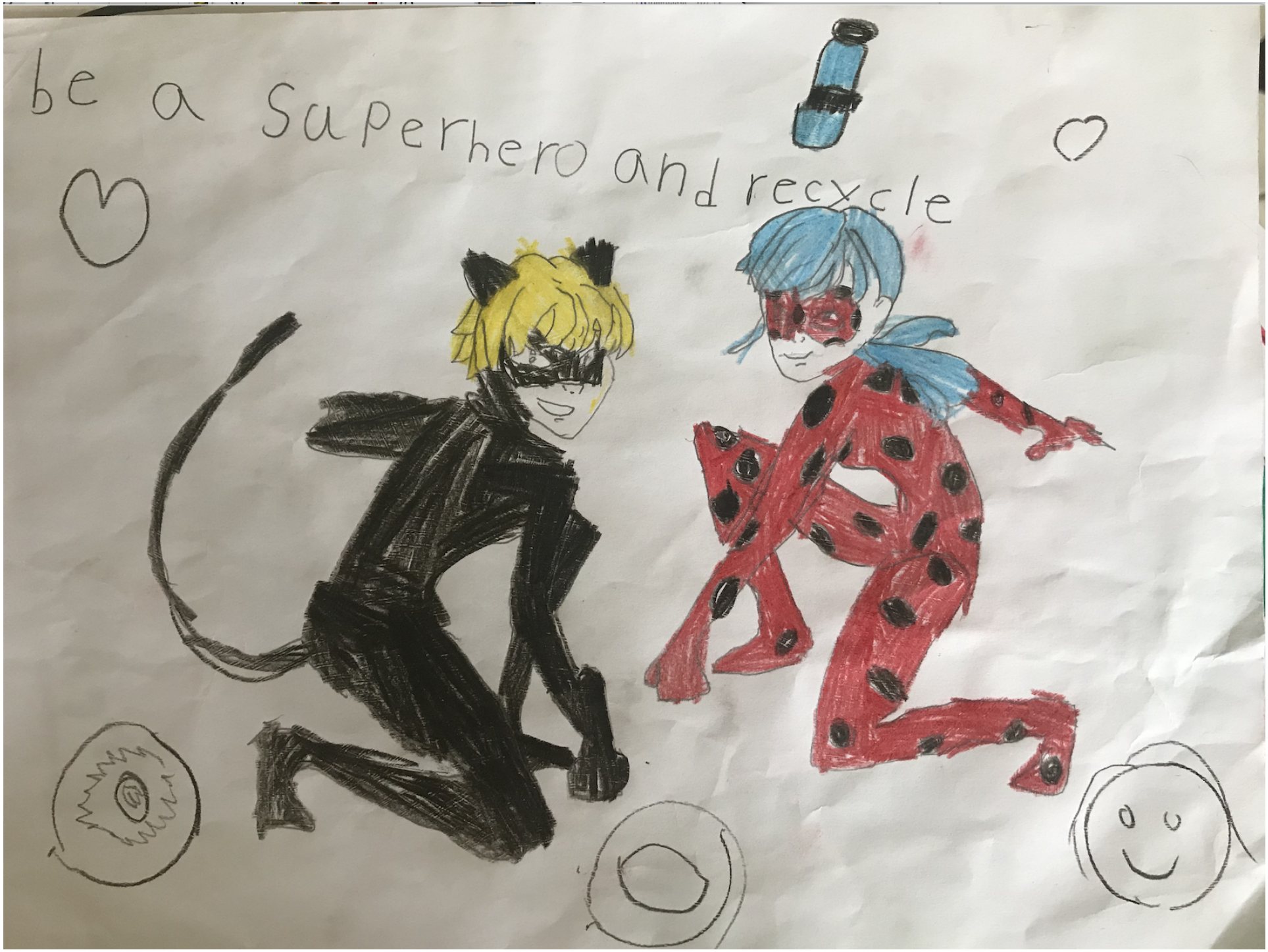
be a Superhero and recycle