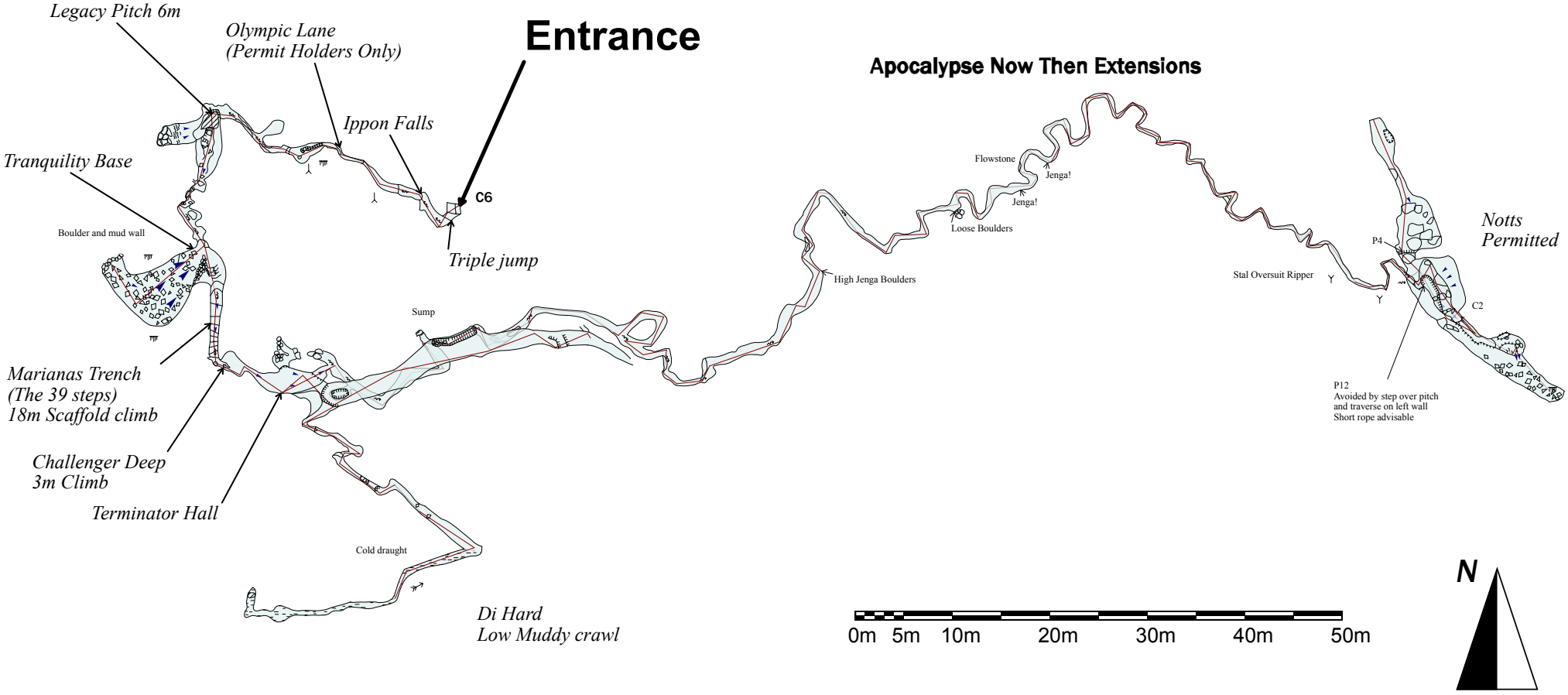(Get Down) Shep Pot