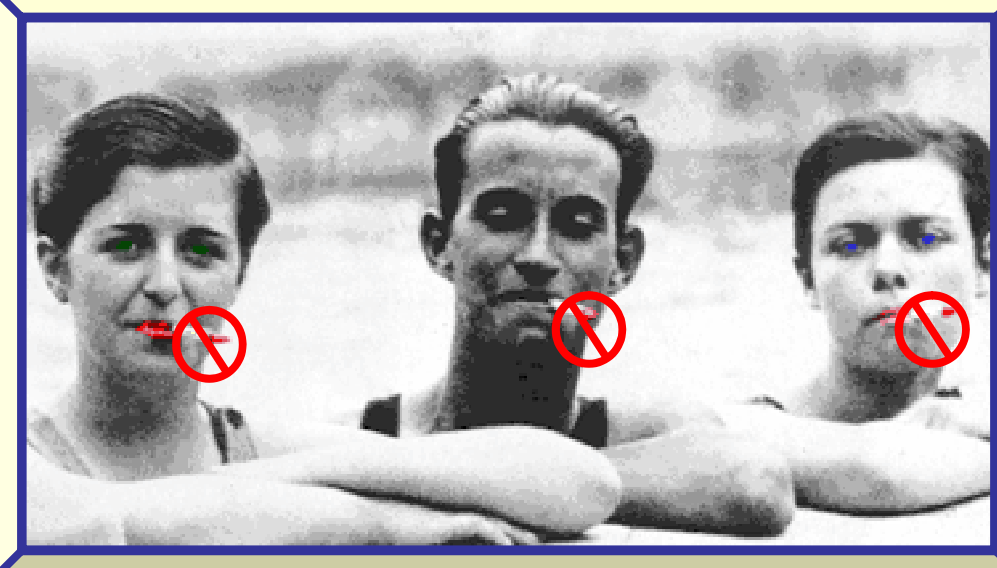FRIENDS Don't Let FRIENDS Smoke & Chew!