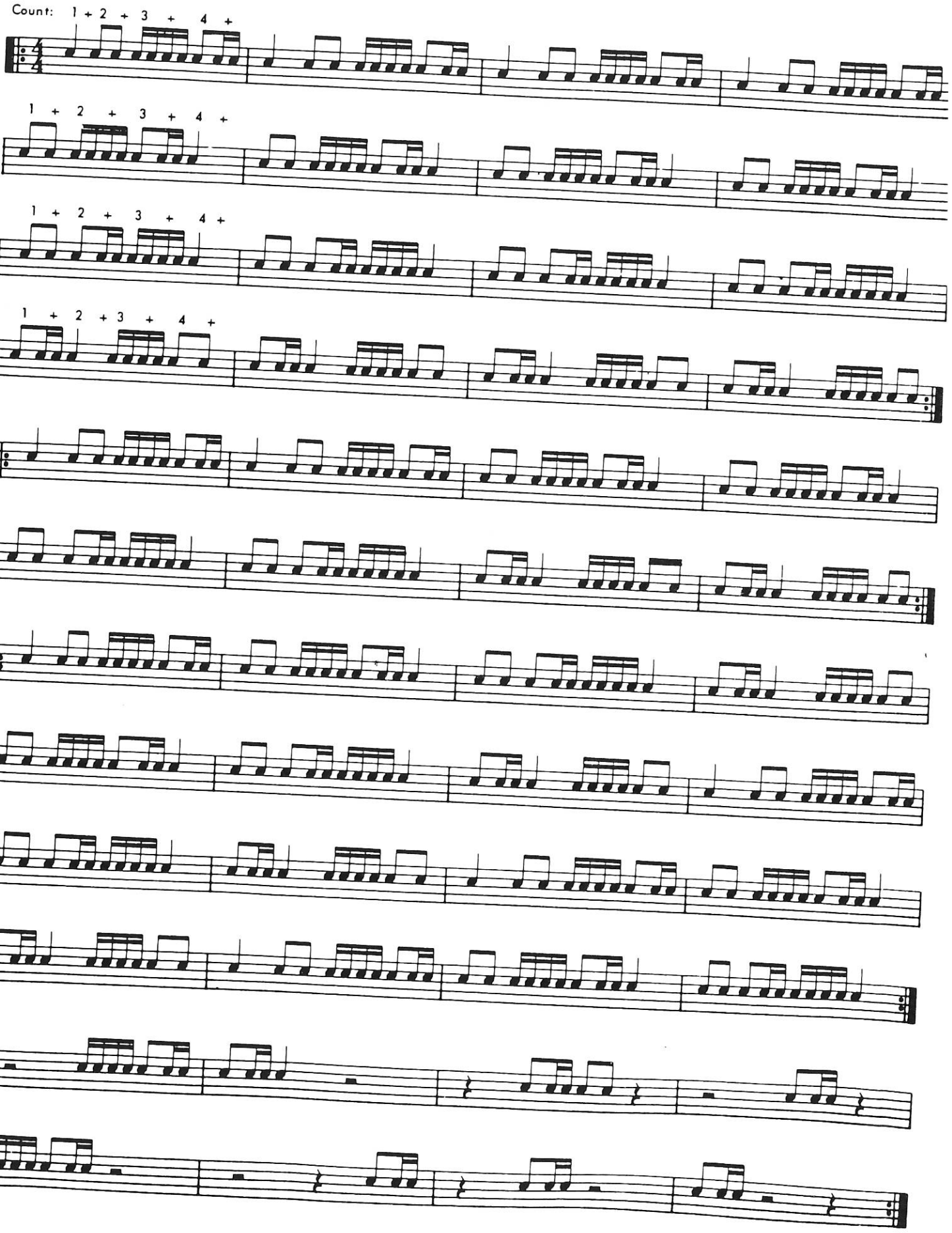SIXTEENTH-NOTES FROM THE UPBEAT