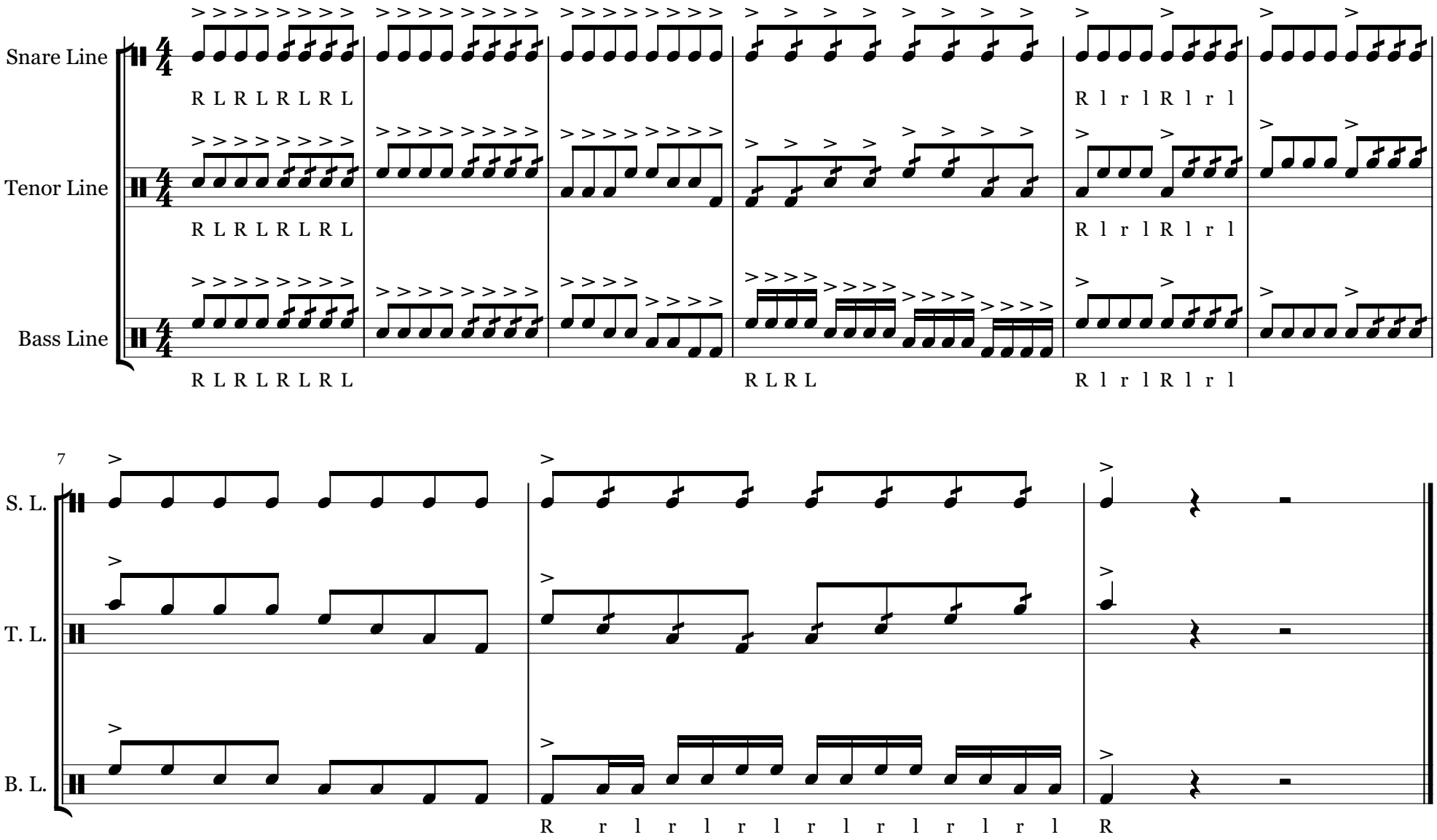EMC Chicken and a Roll