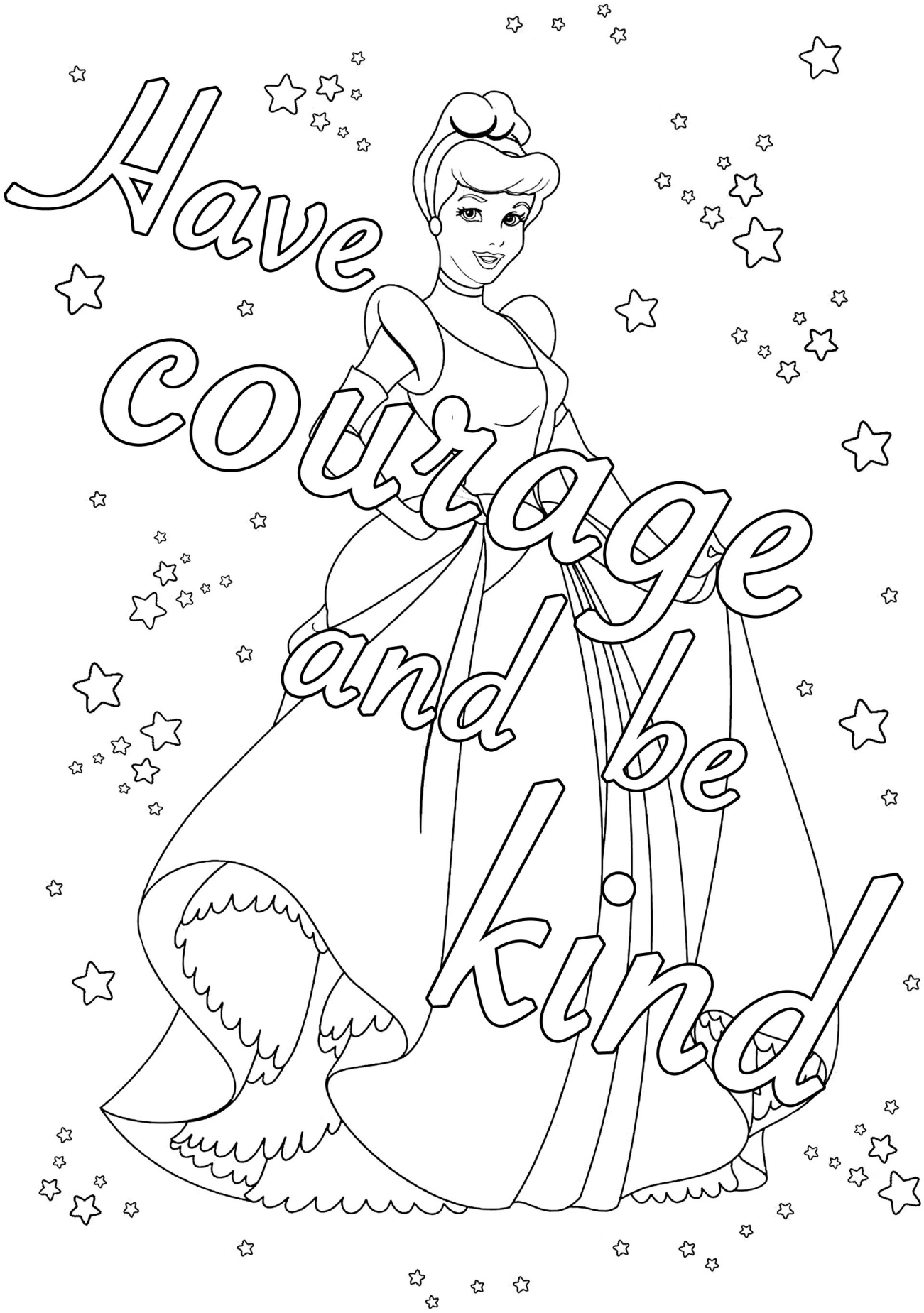
Have courage and be kind