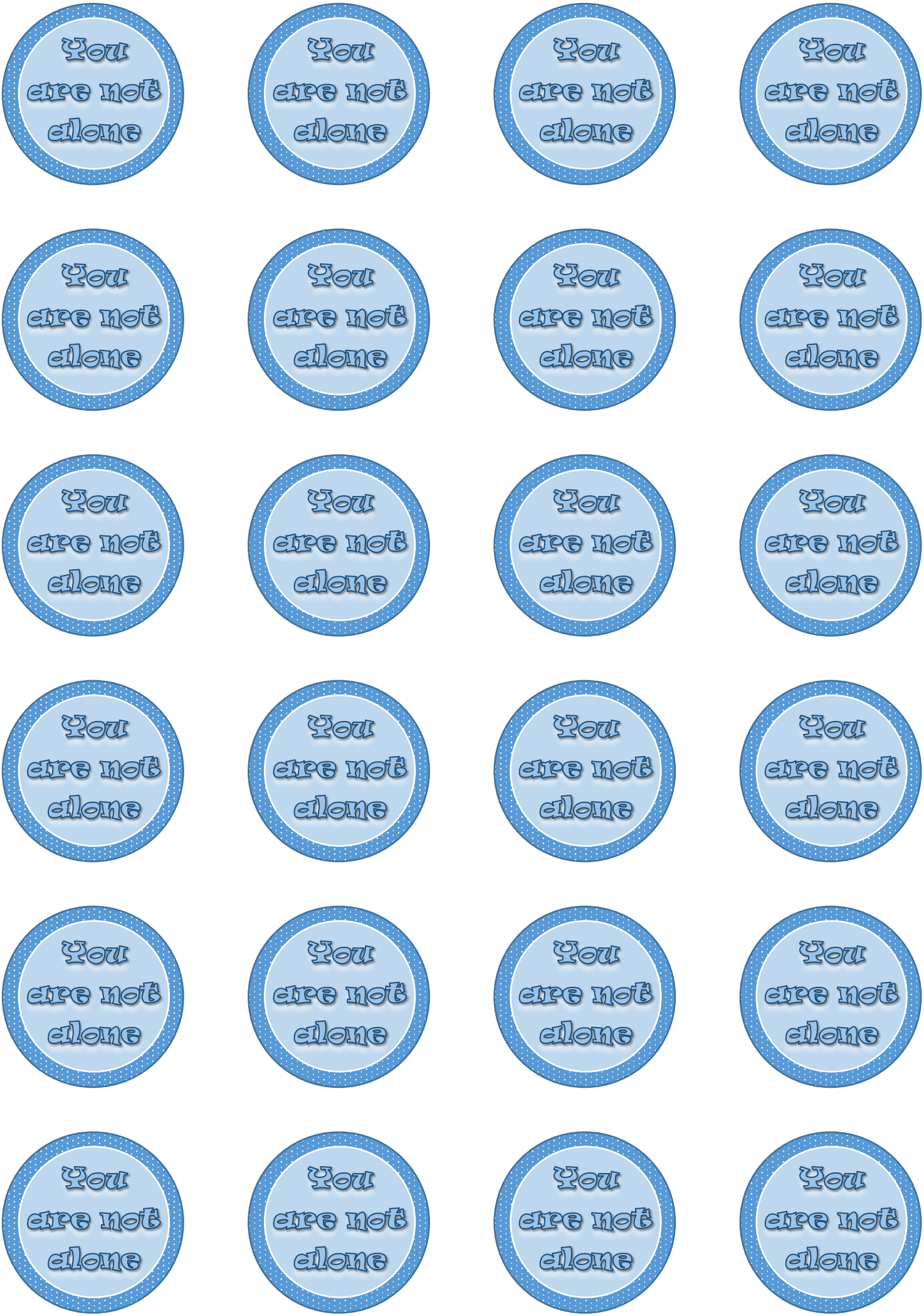
You are not alone