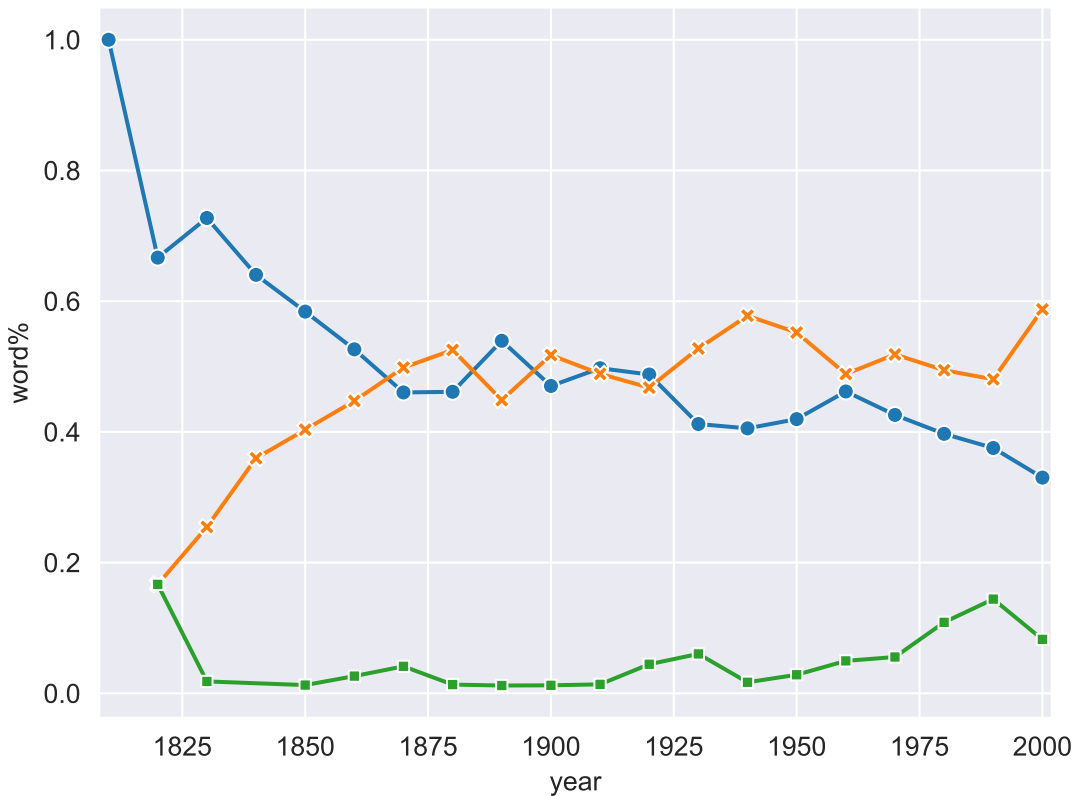appreciation