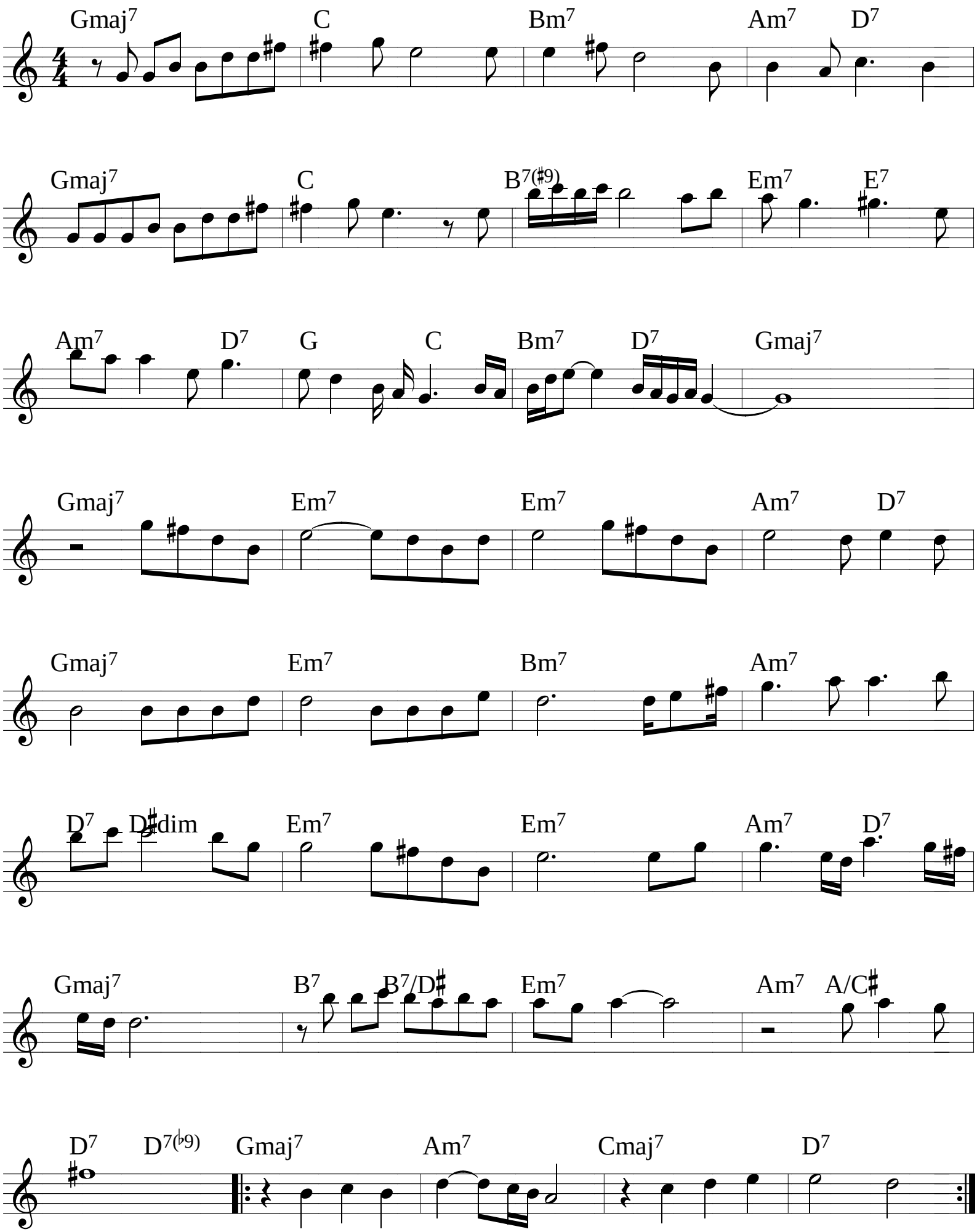How can I go on