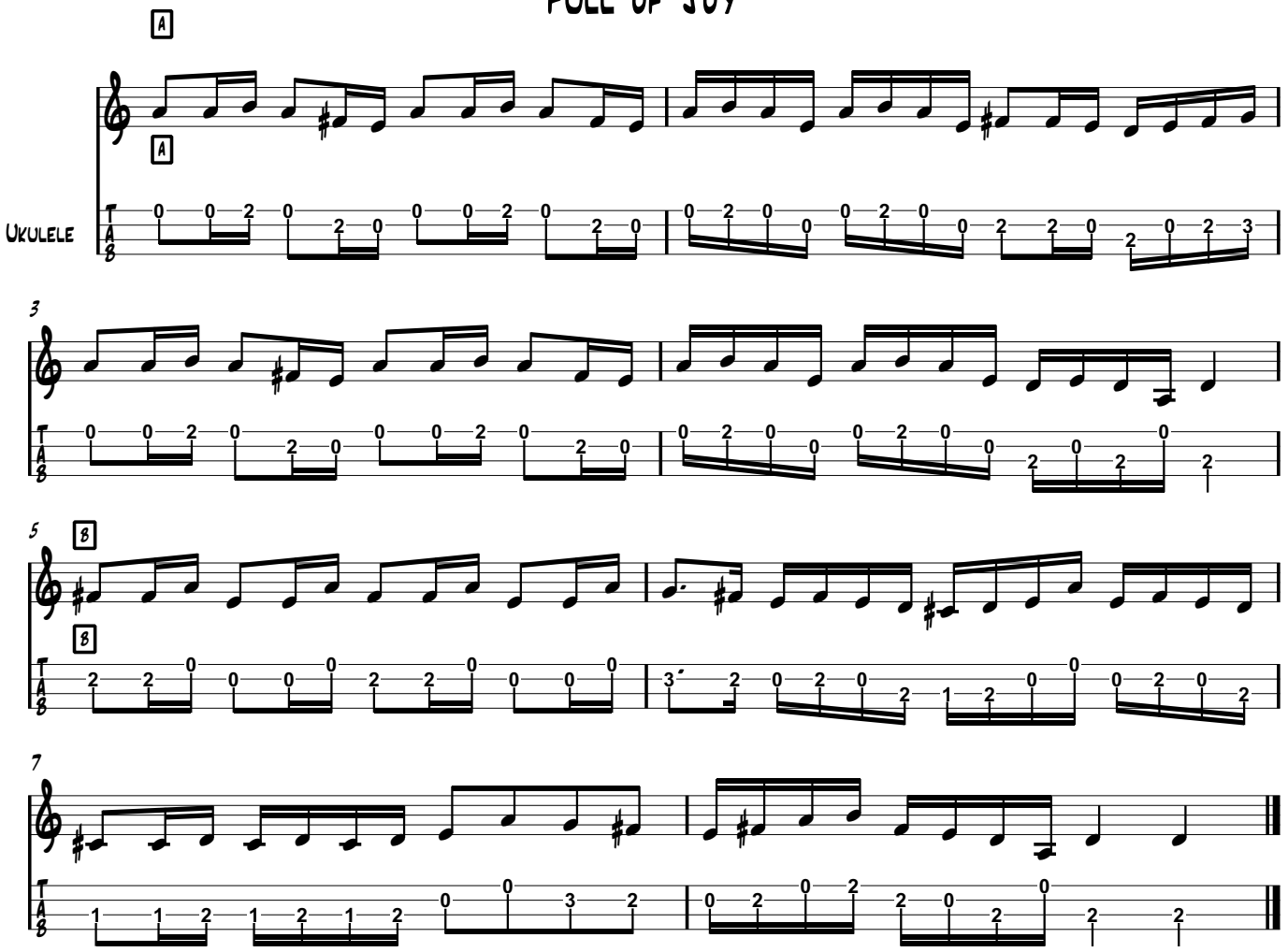Full of Joy