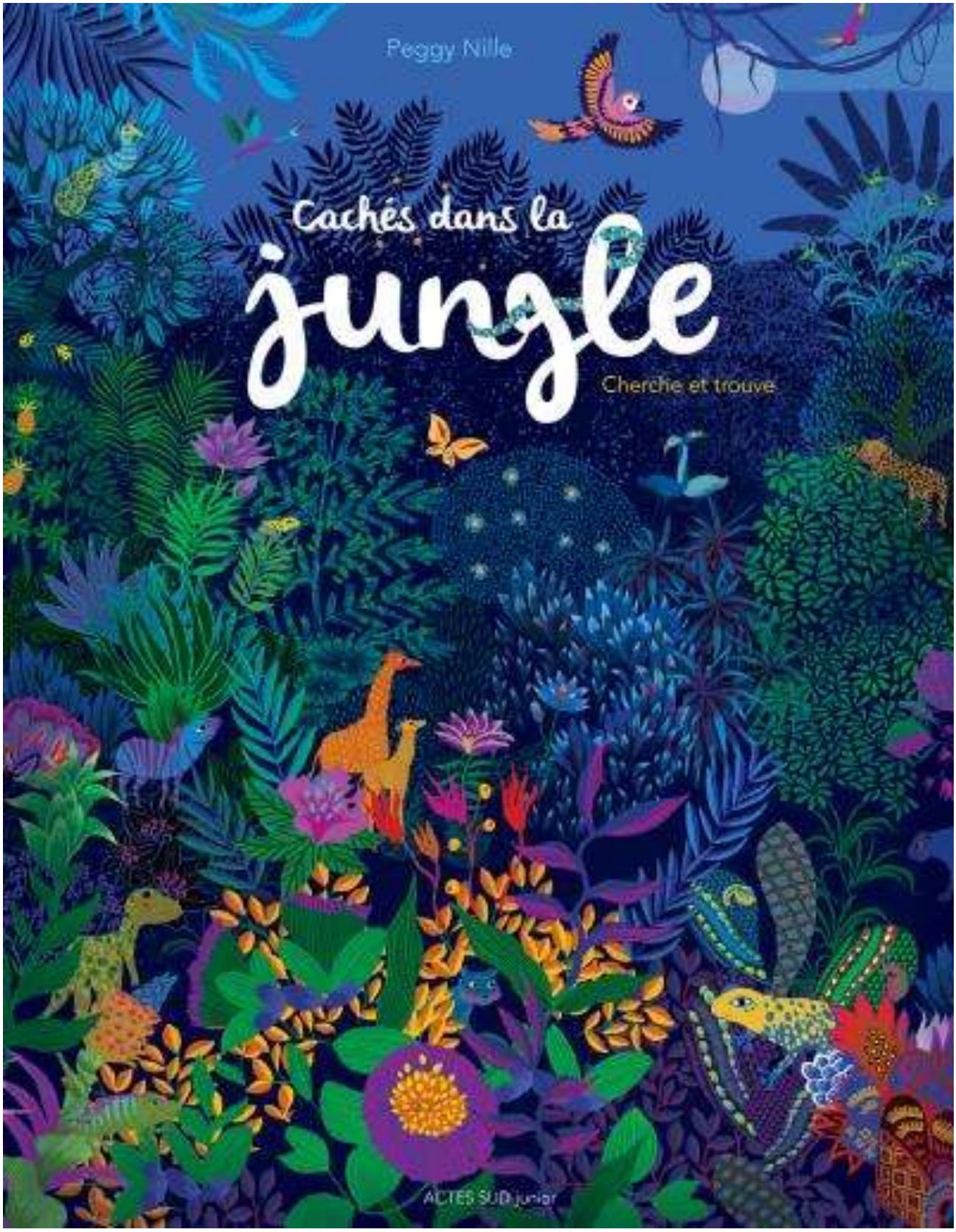


https://youtu.be/g7hm-e74ilw