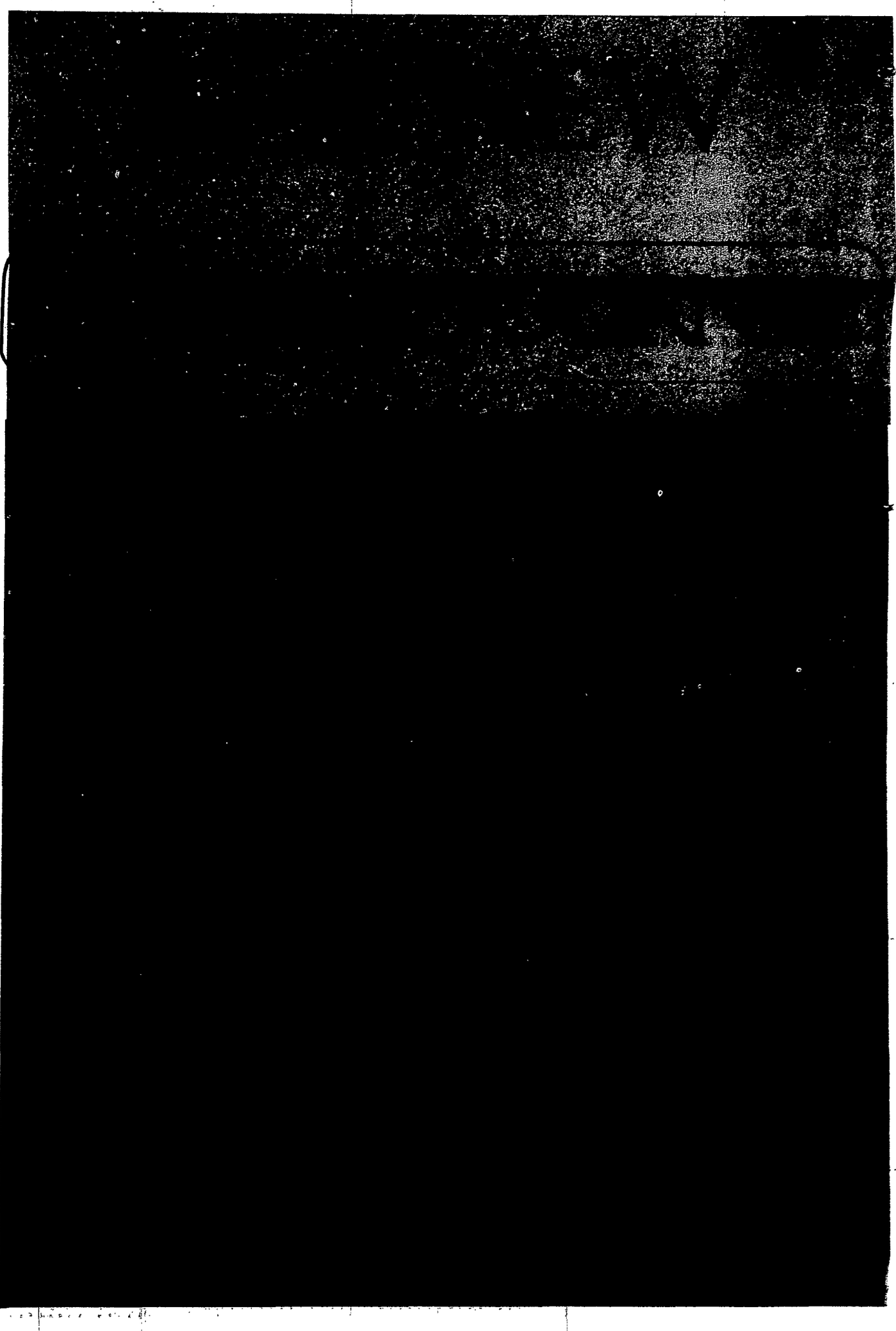FRESH AS A BREATH OF SPRING