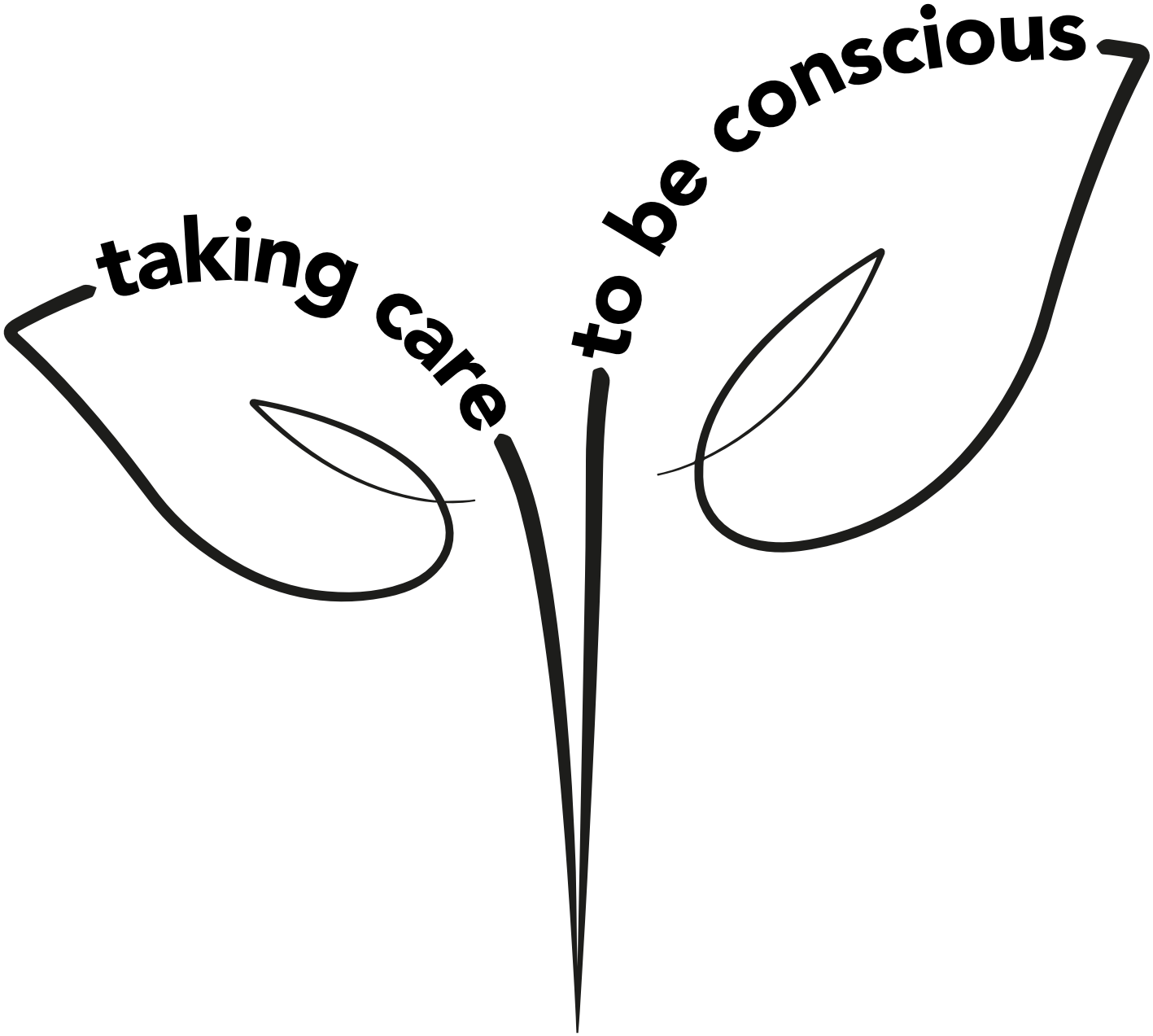

taking care to be conscious