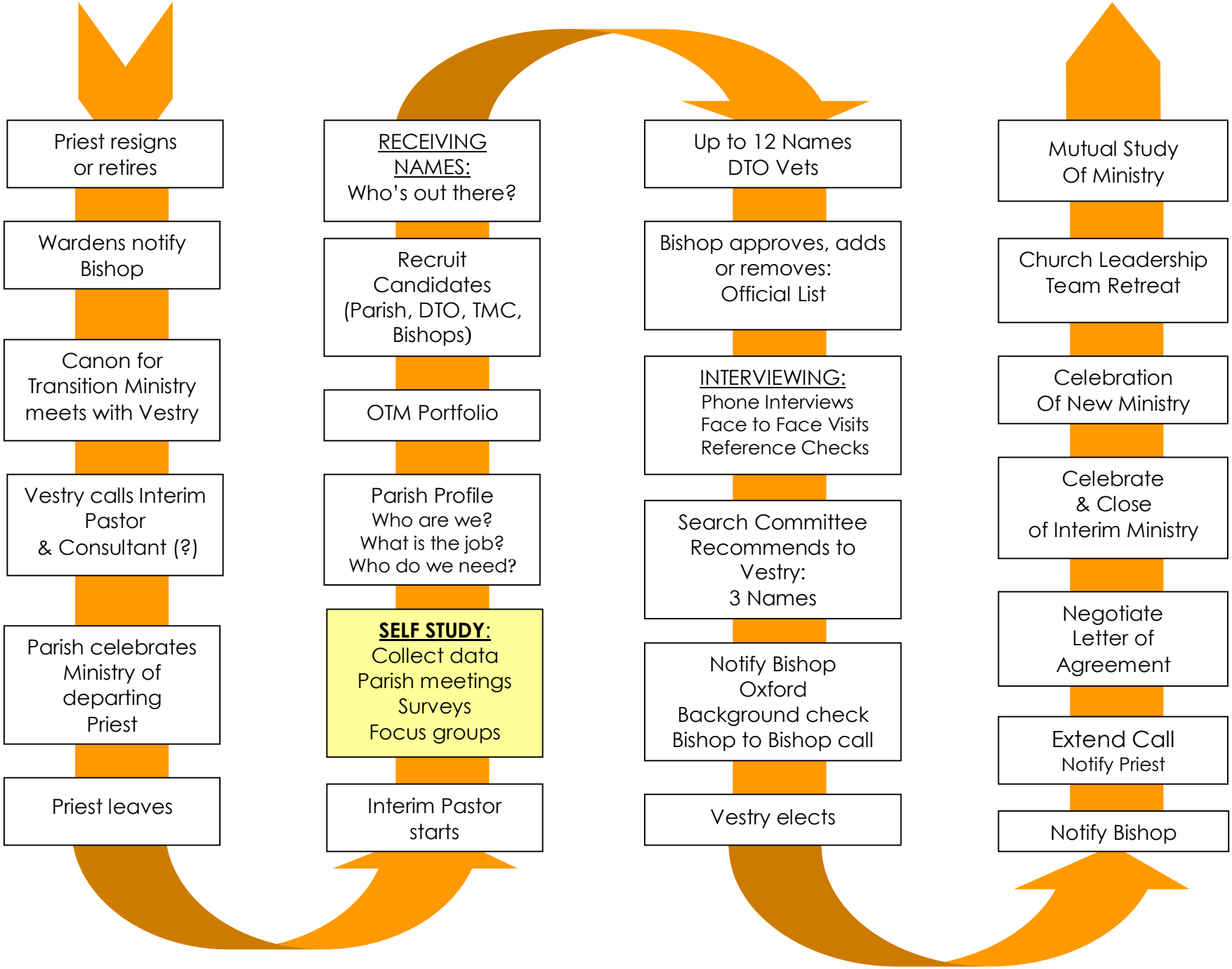JOURNEY THROUGH CHANGE