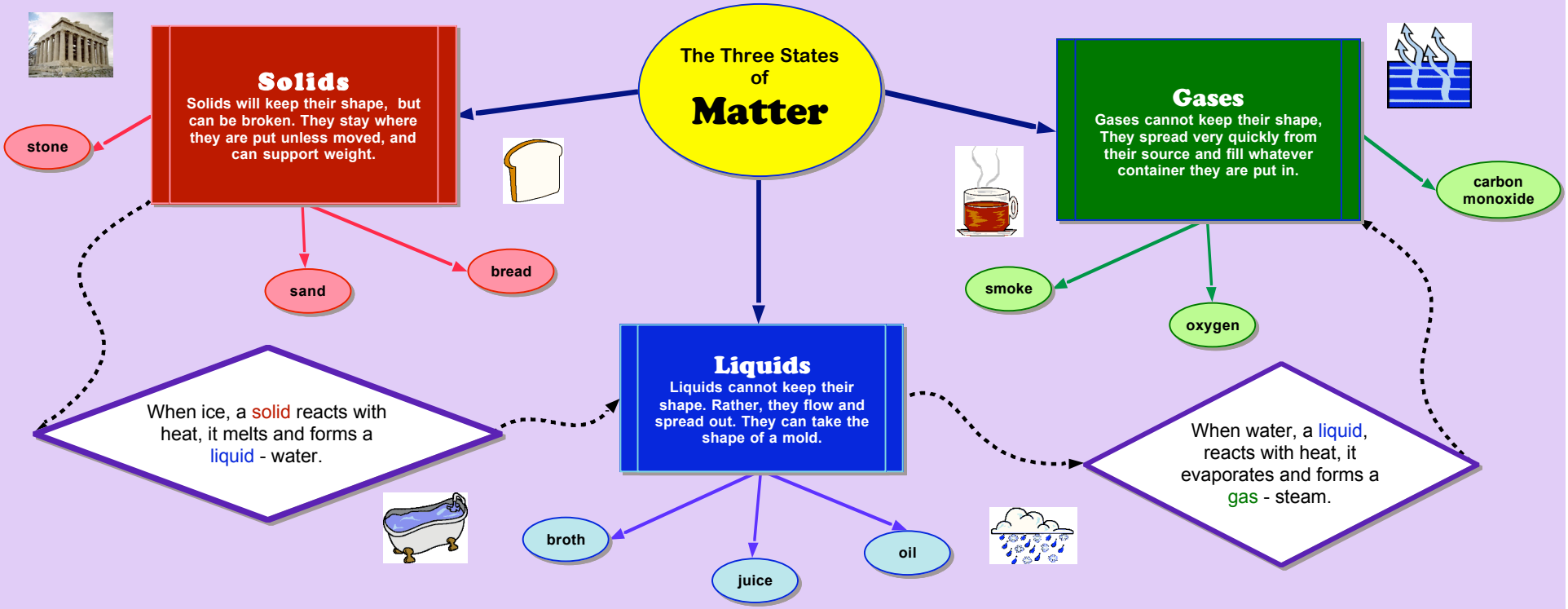A Matter of Change