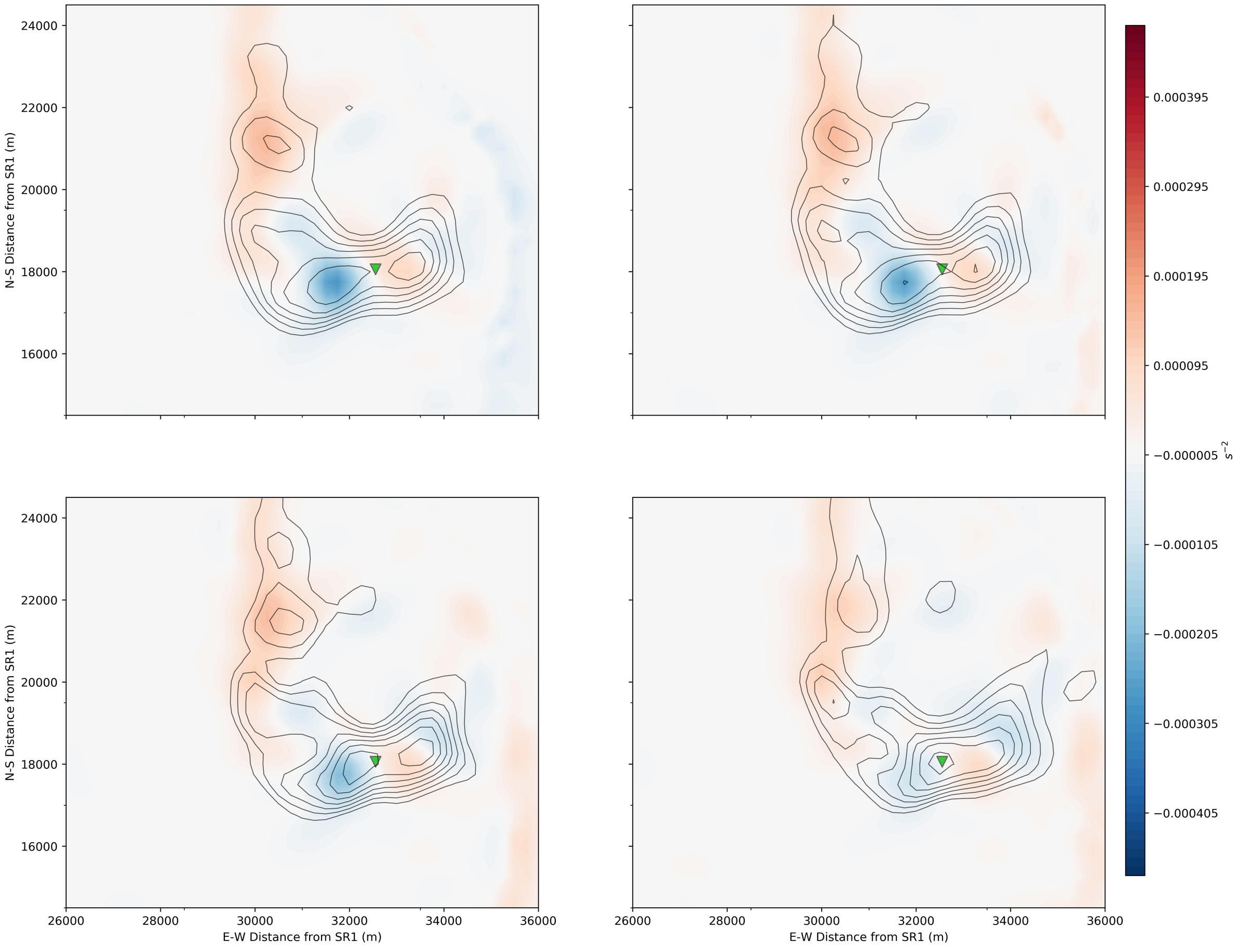| 05:43 UTC | Stretching & ζ |