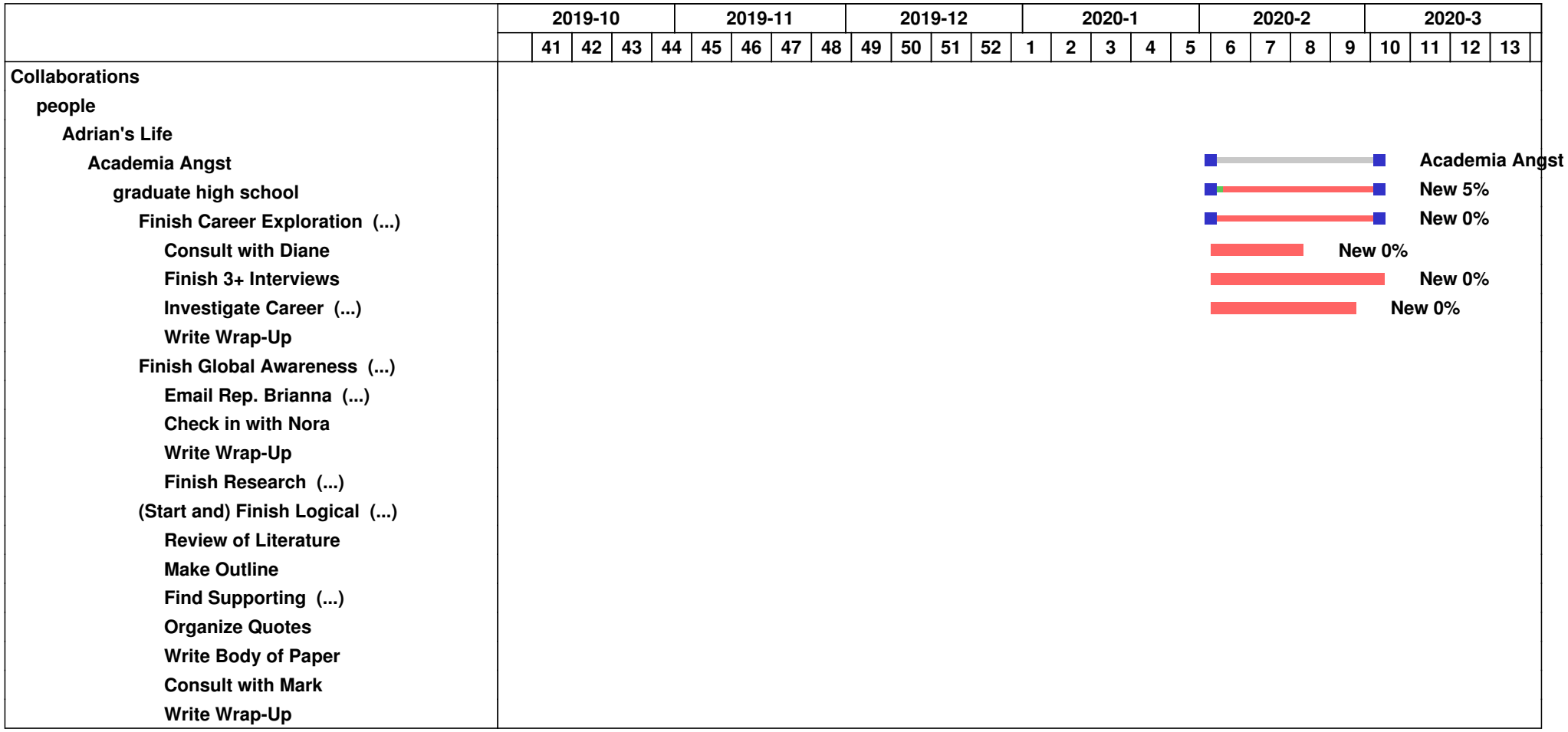Academia Angst