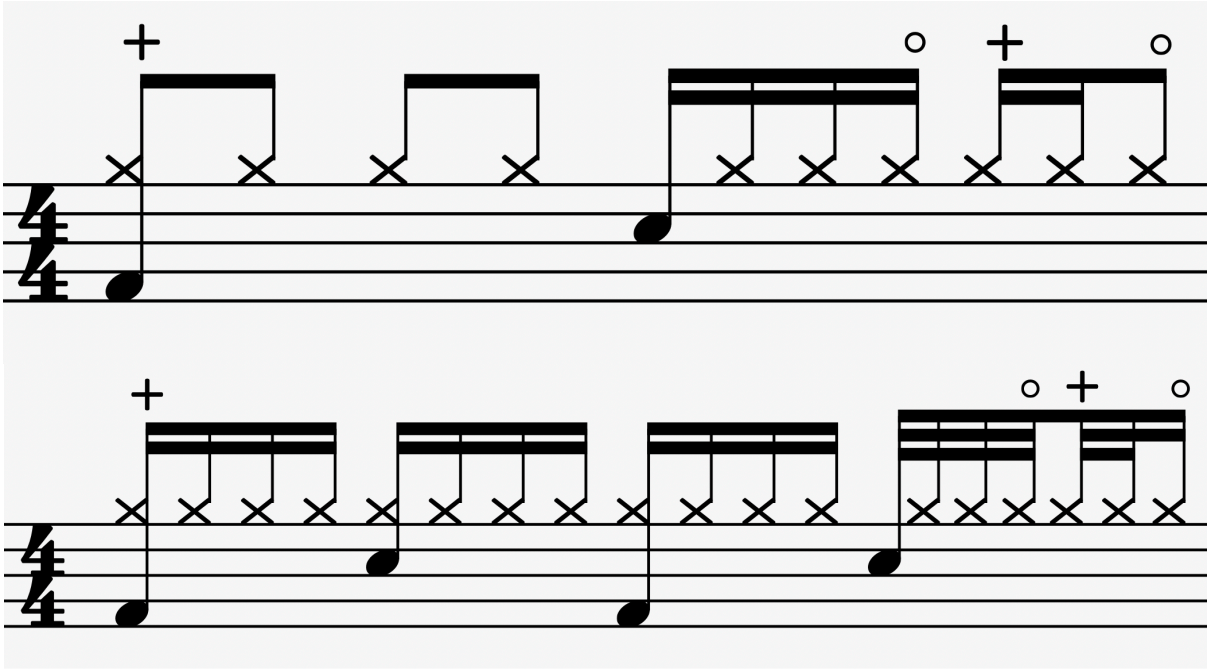GROOVE SEASONING