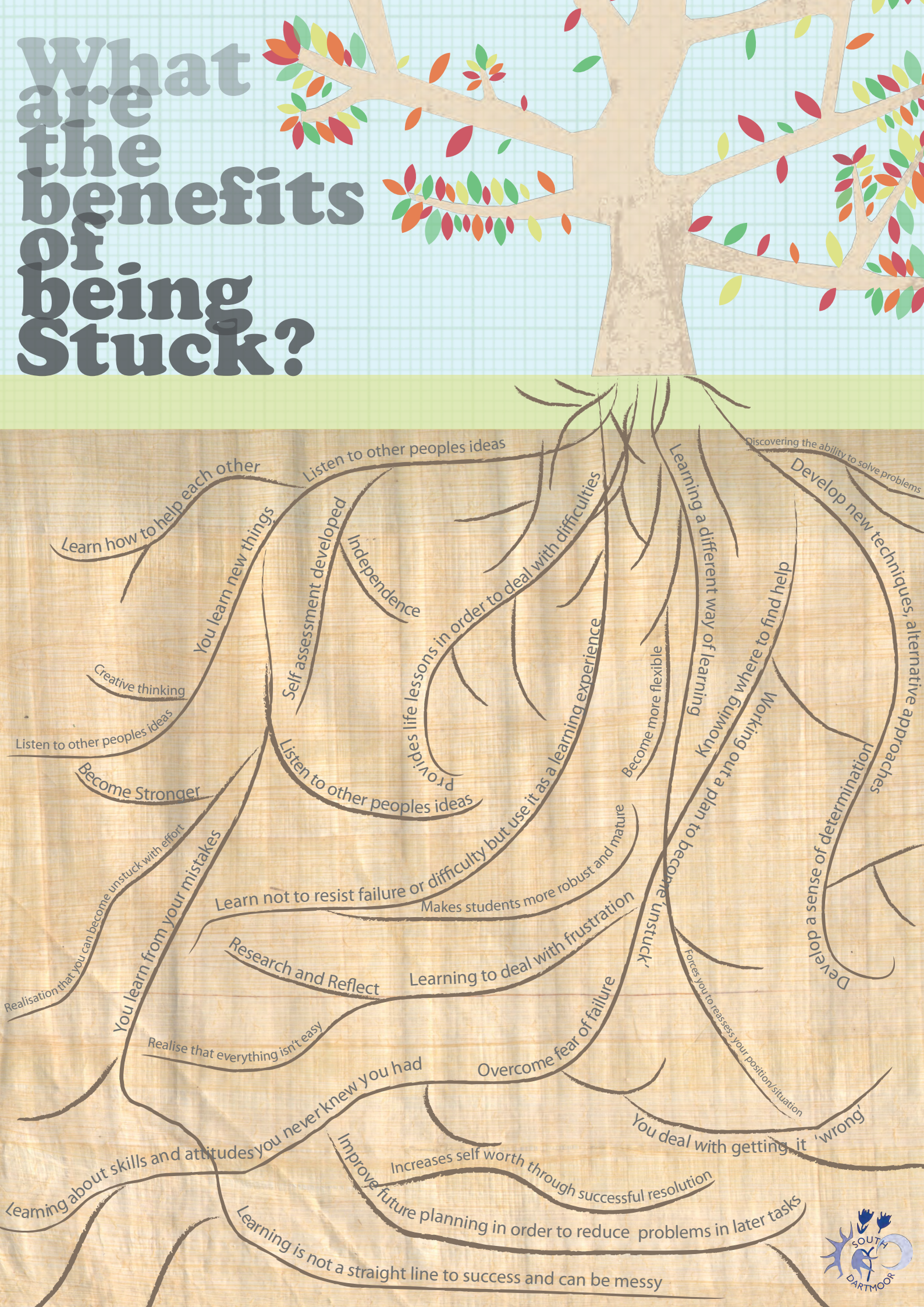What are the benefits of being Stuck?