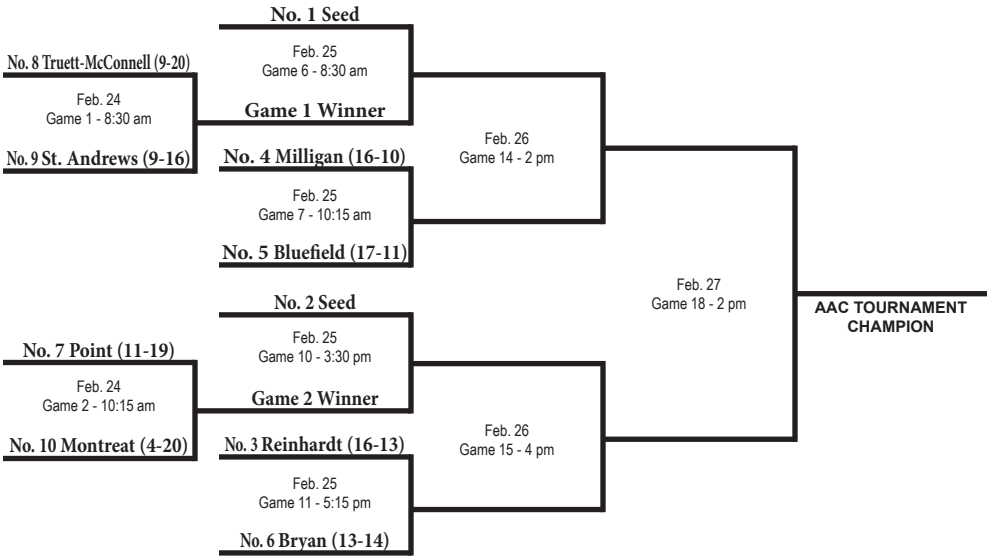2016 Appalachian Athletic Conference Men's Basketball Tournament