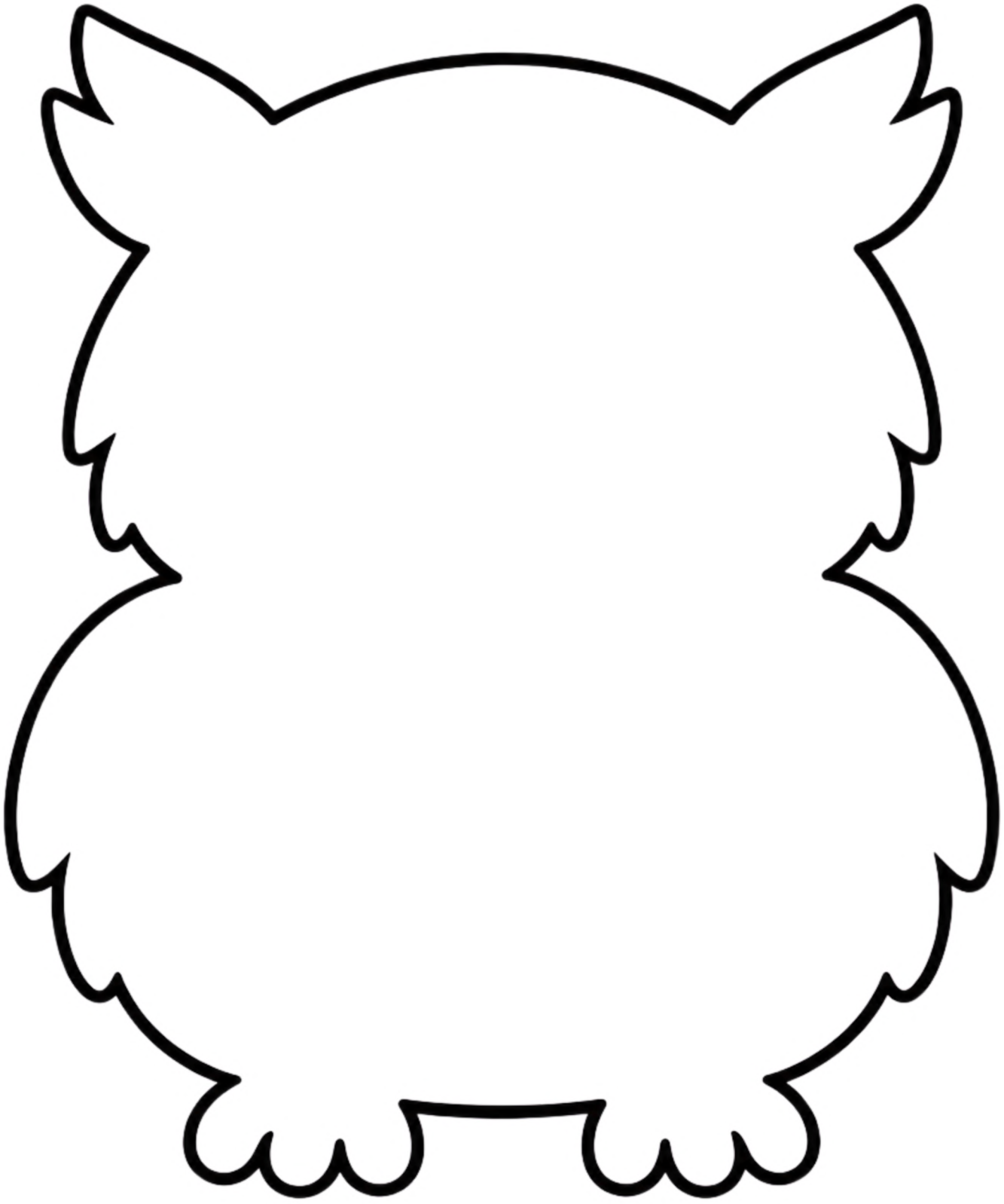

helpfully