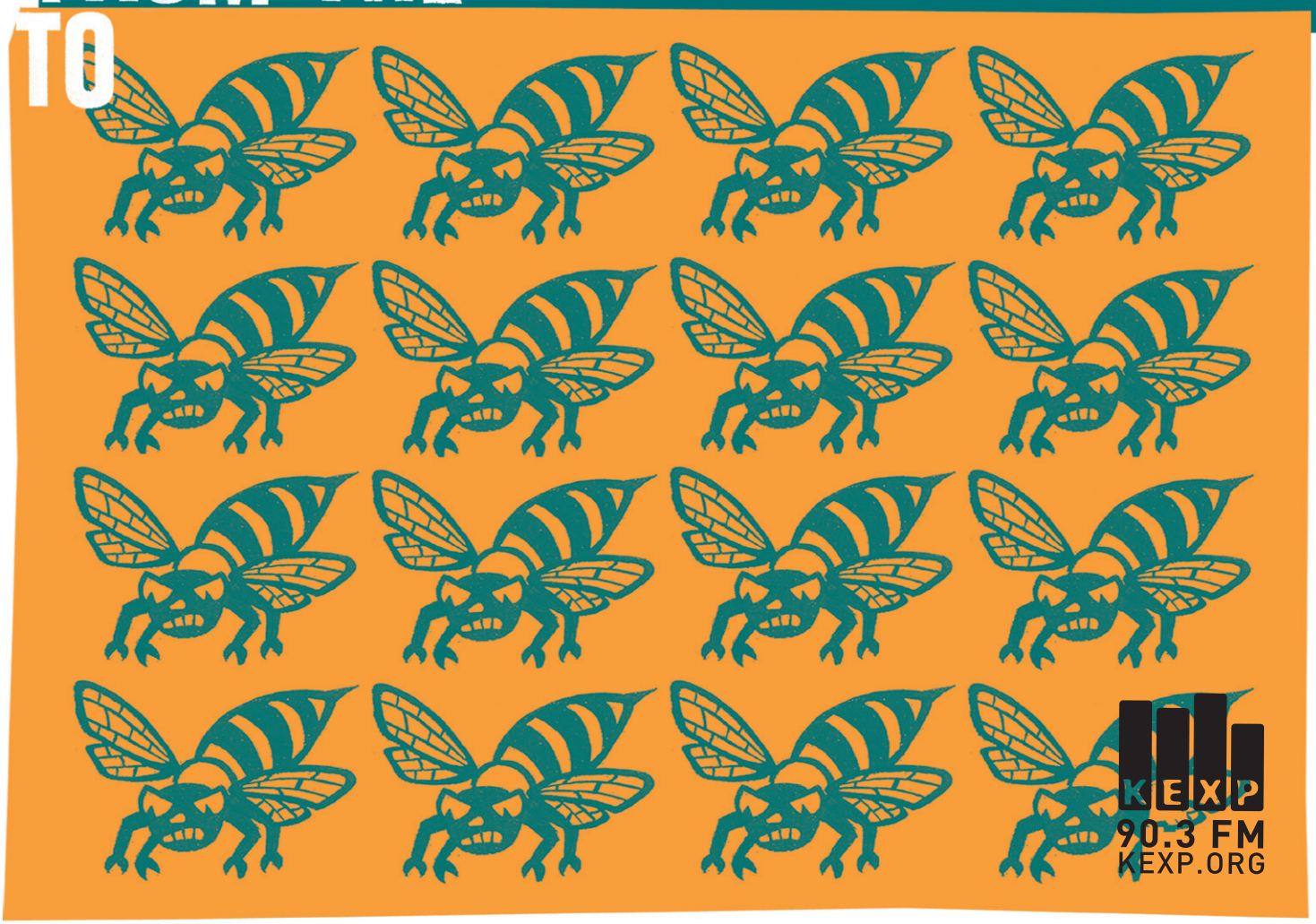FROM THE TO