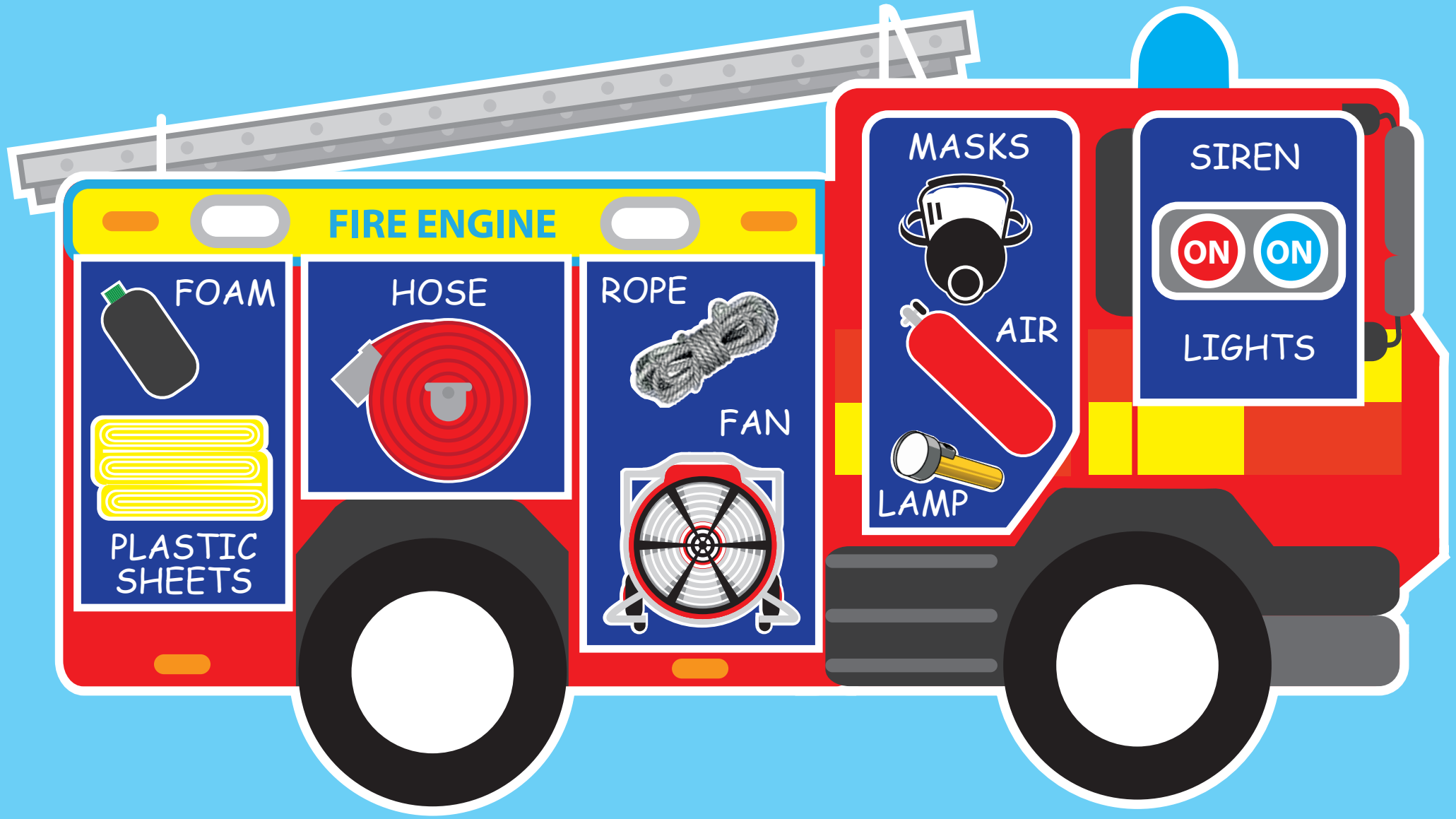WHAT'S INSIDE?