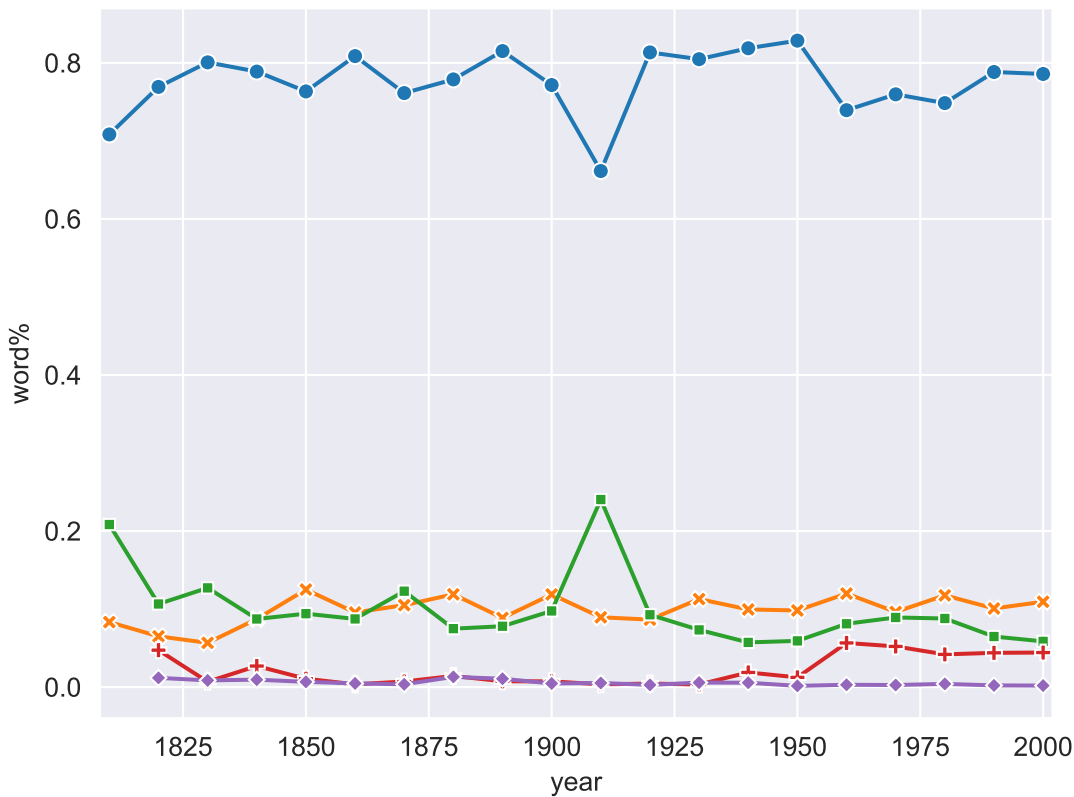sand