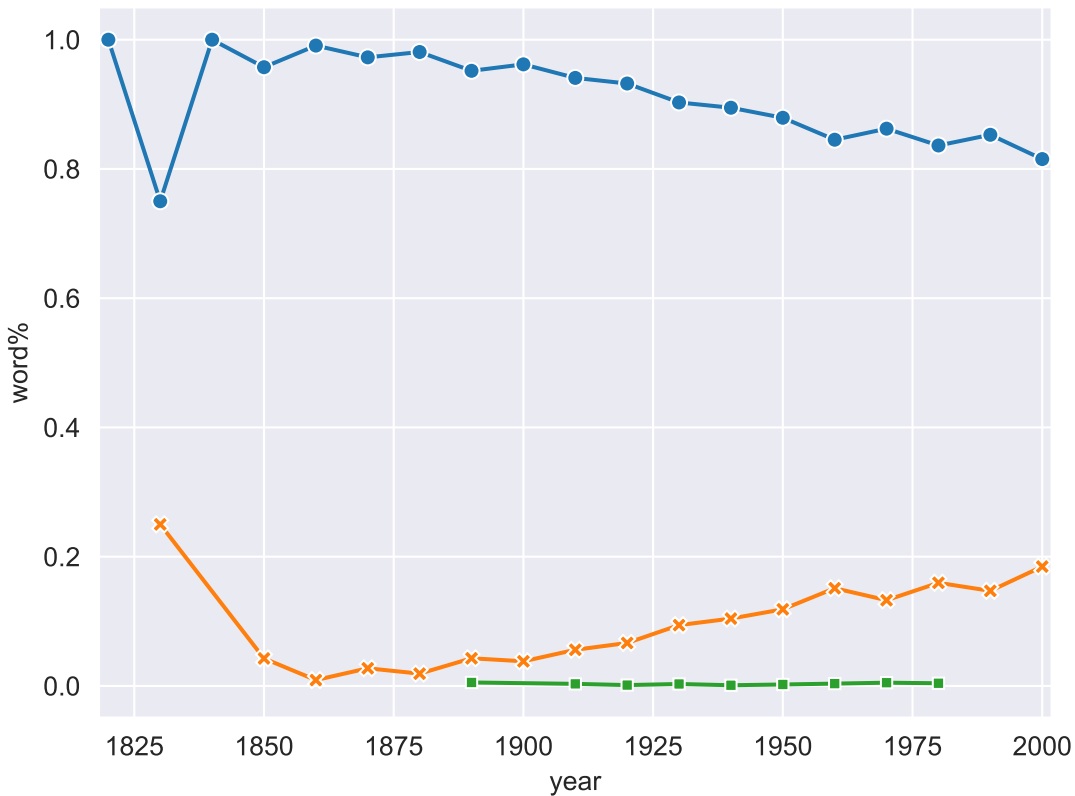upstairs