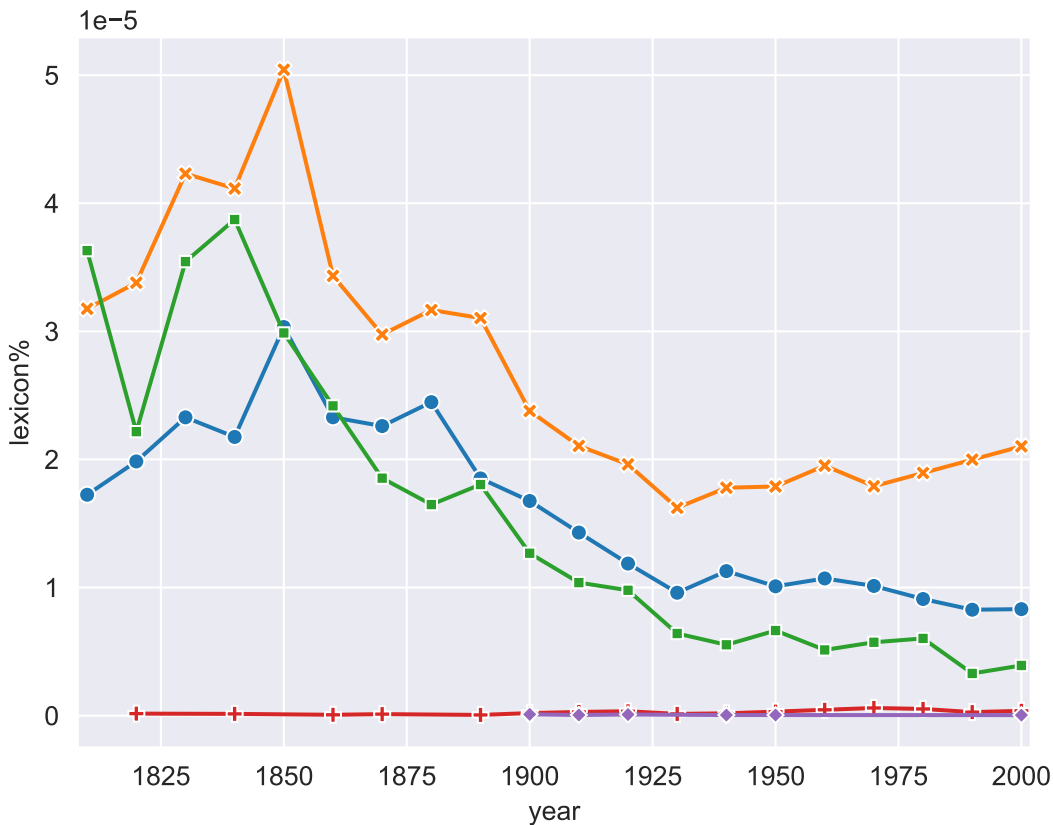gentle