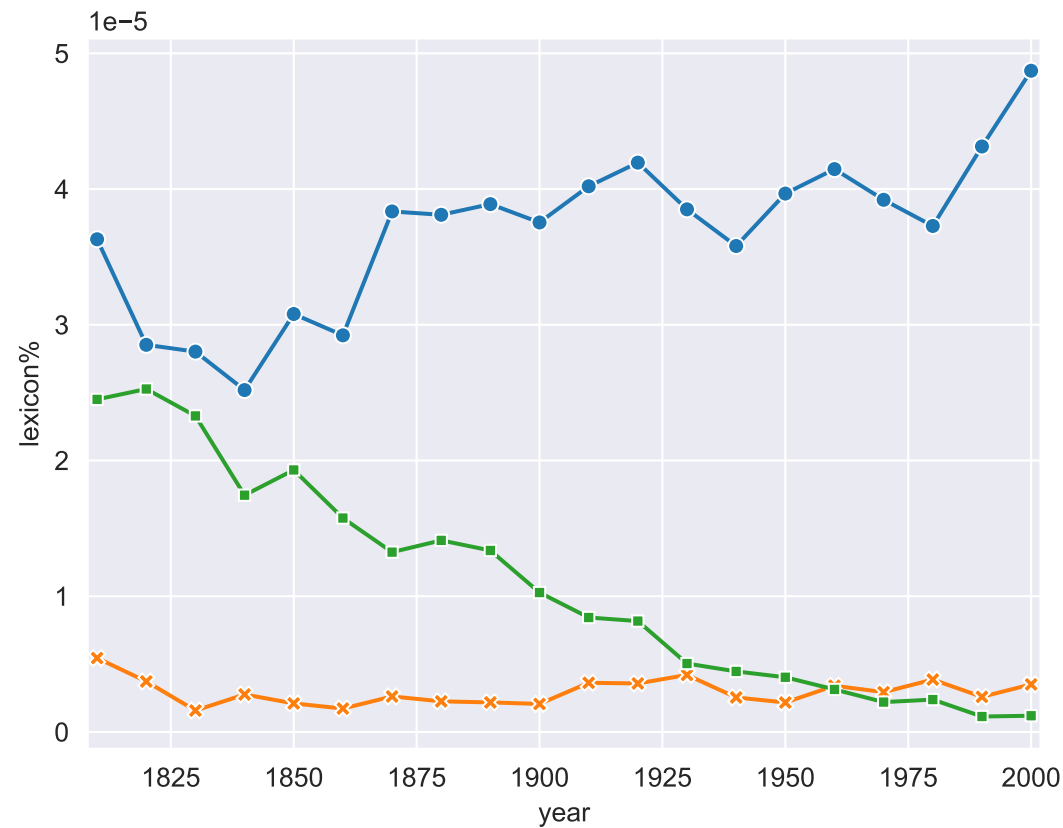advice