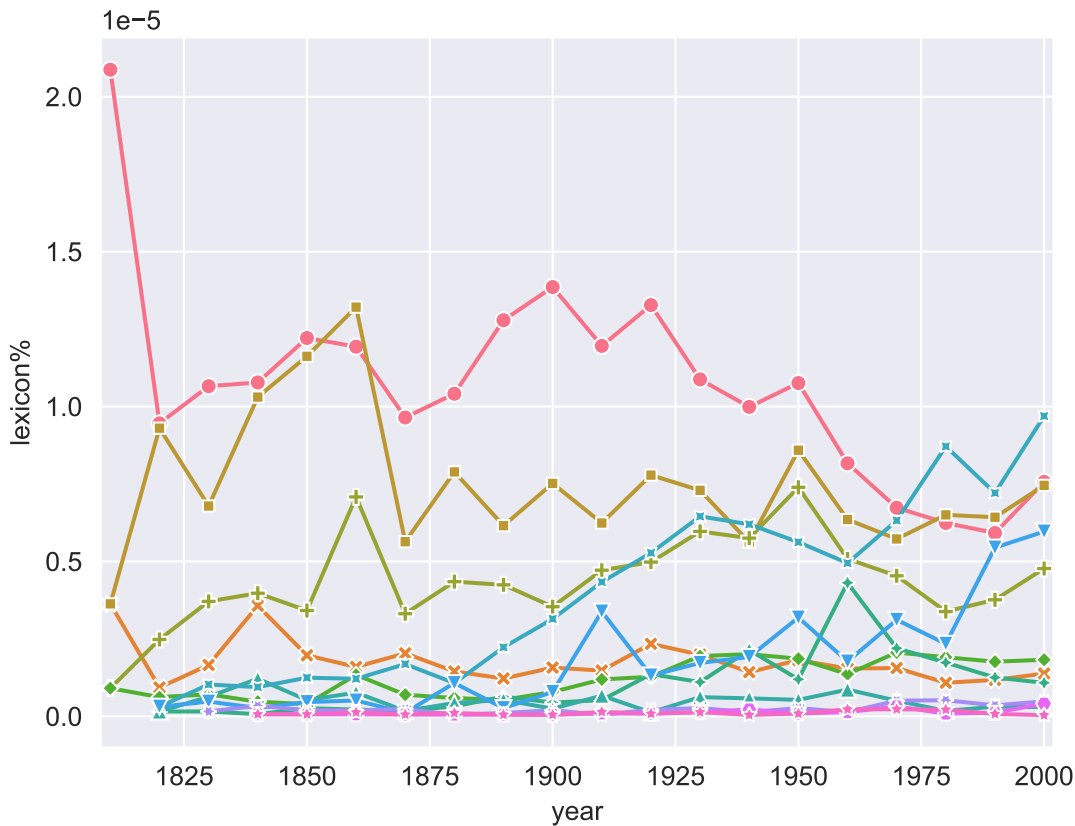whip