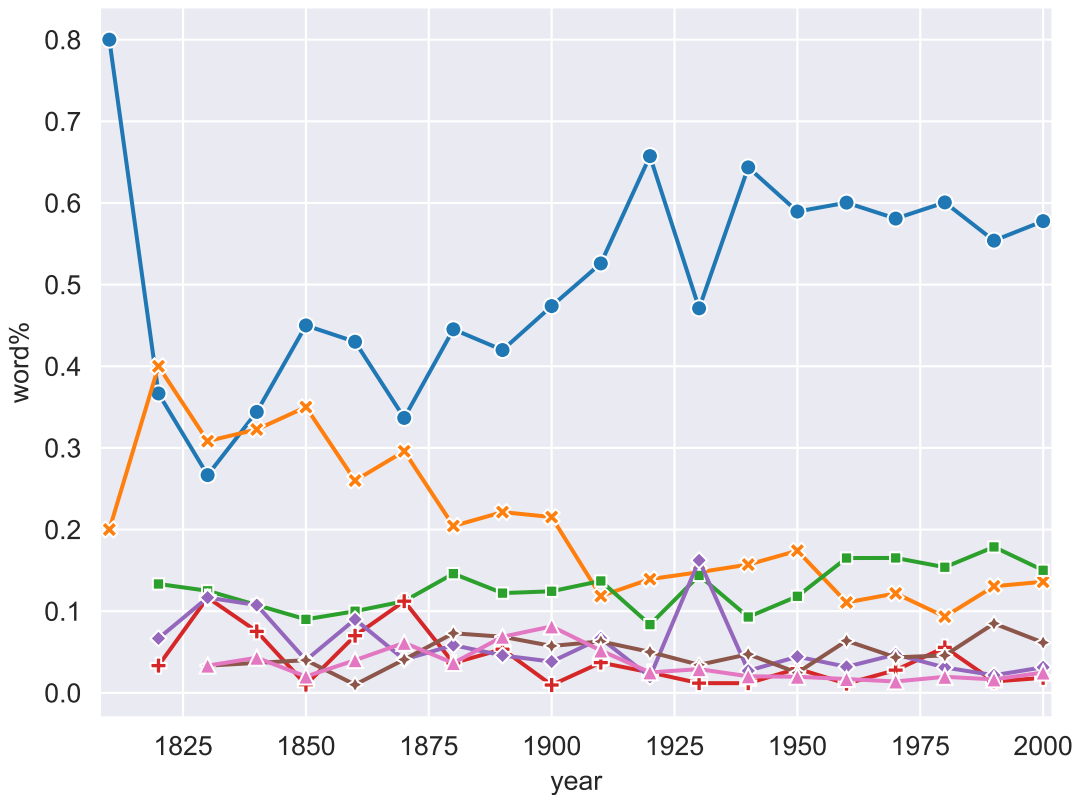spit