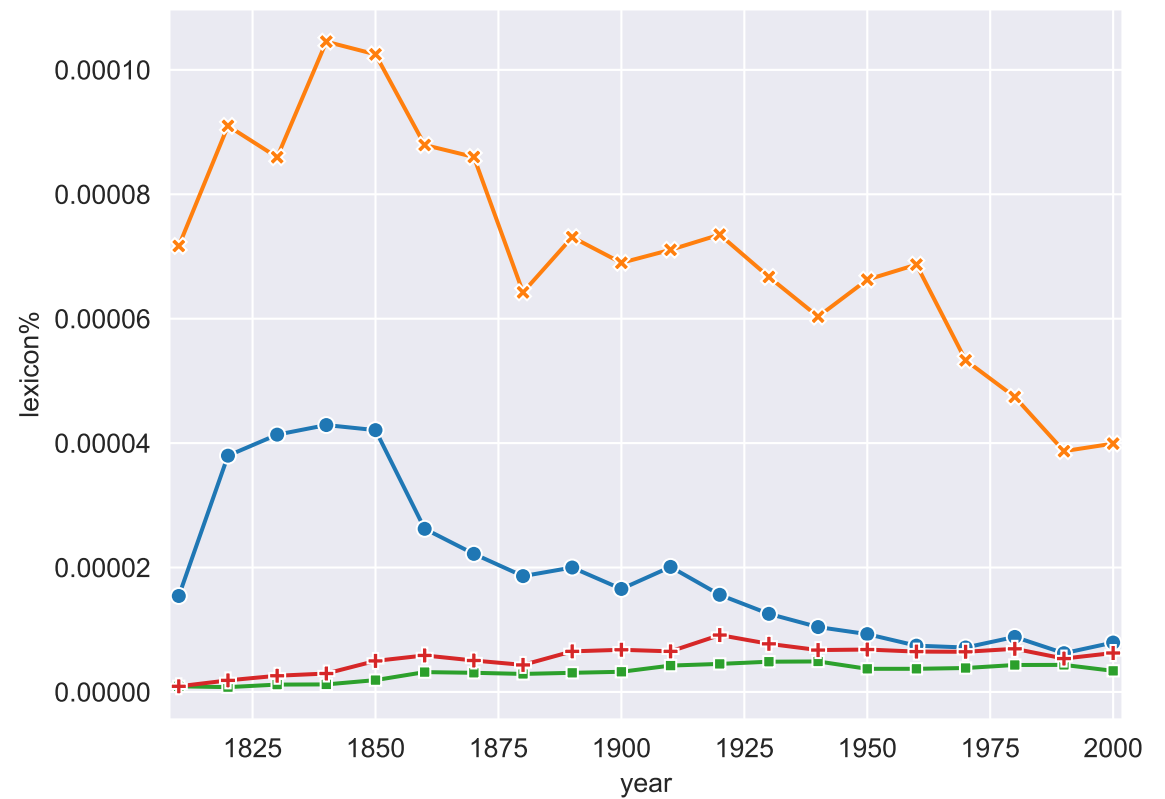progress