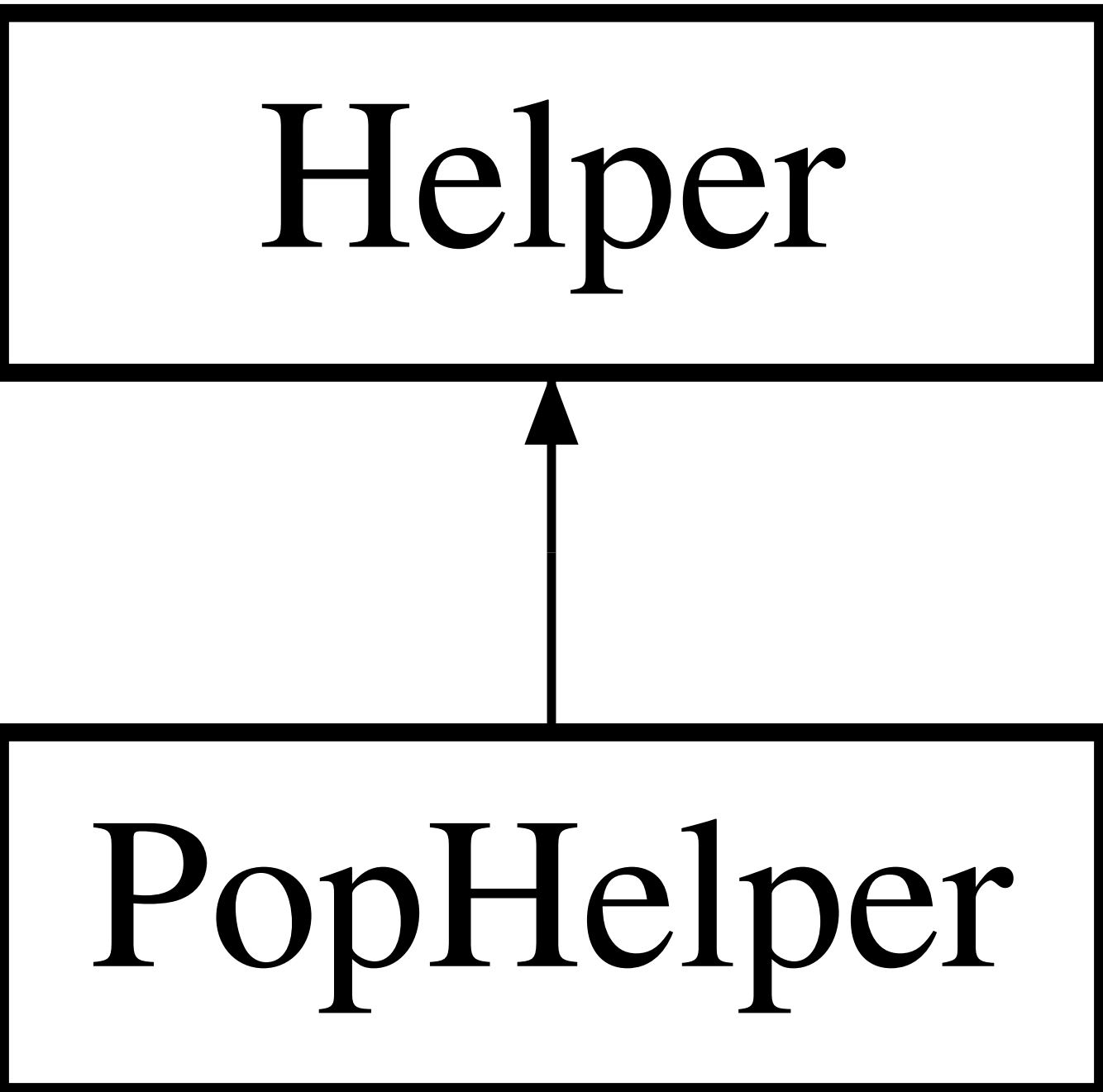
Helper
PopHelper