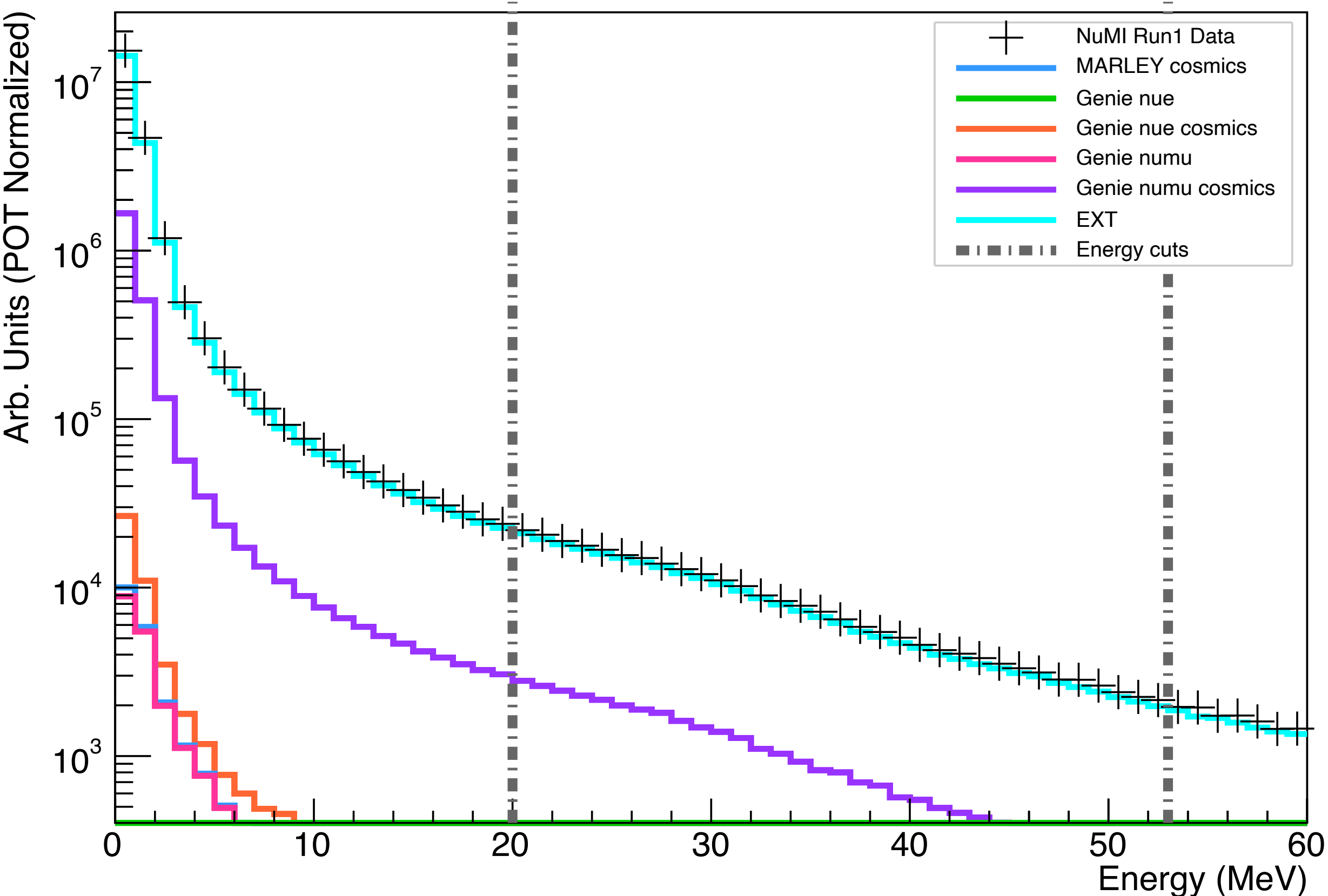Reconstructed Blip Energy