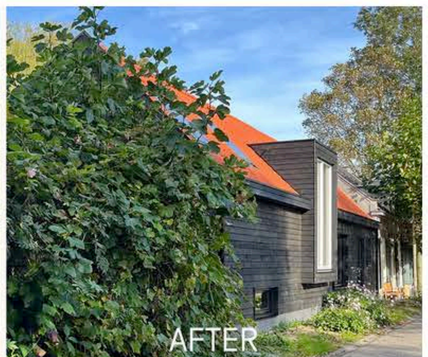BEFORE AND AFTER