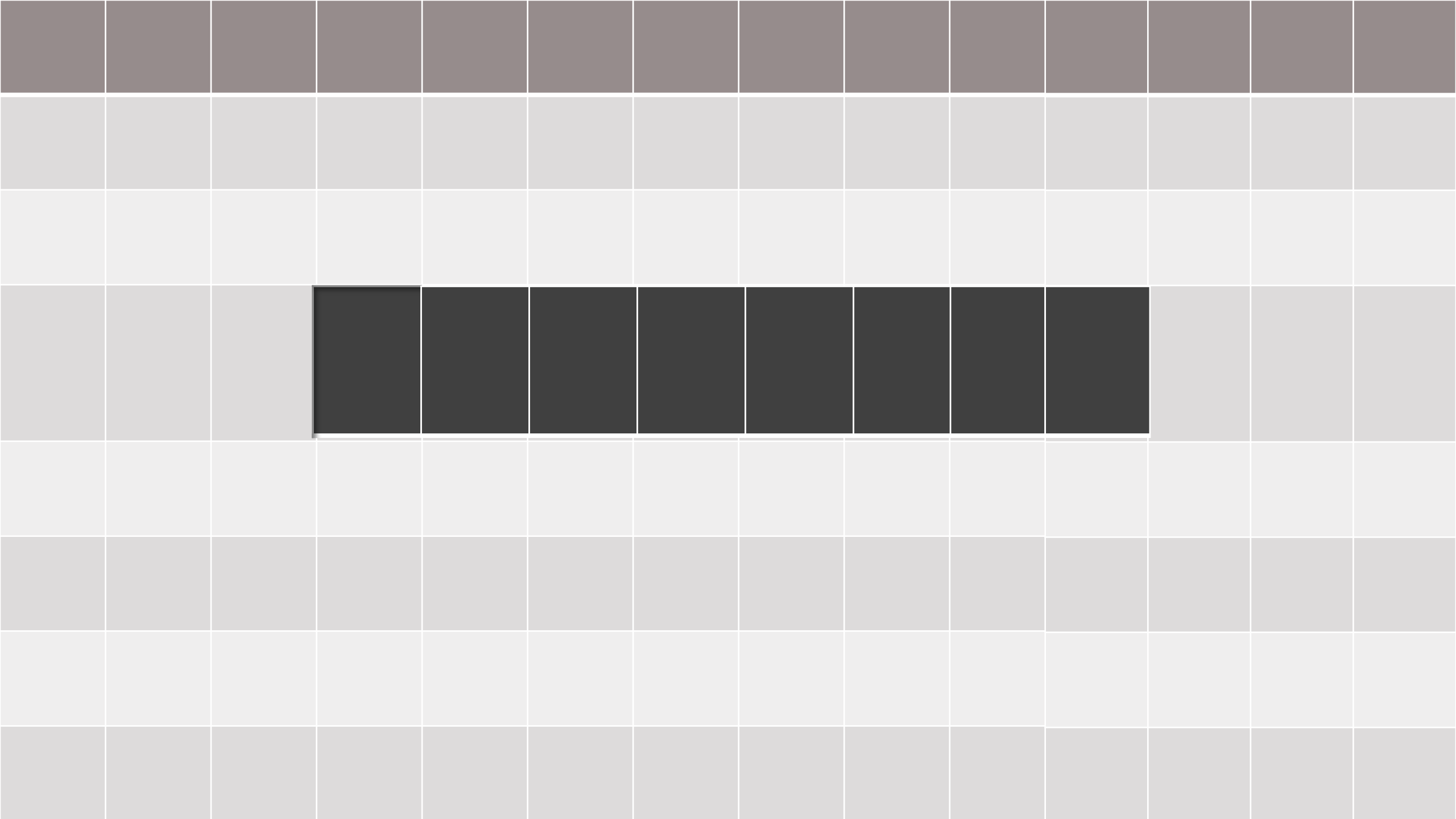InShOt