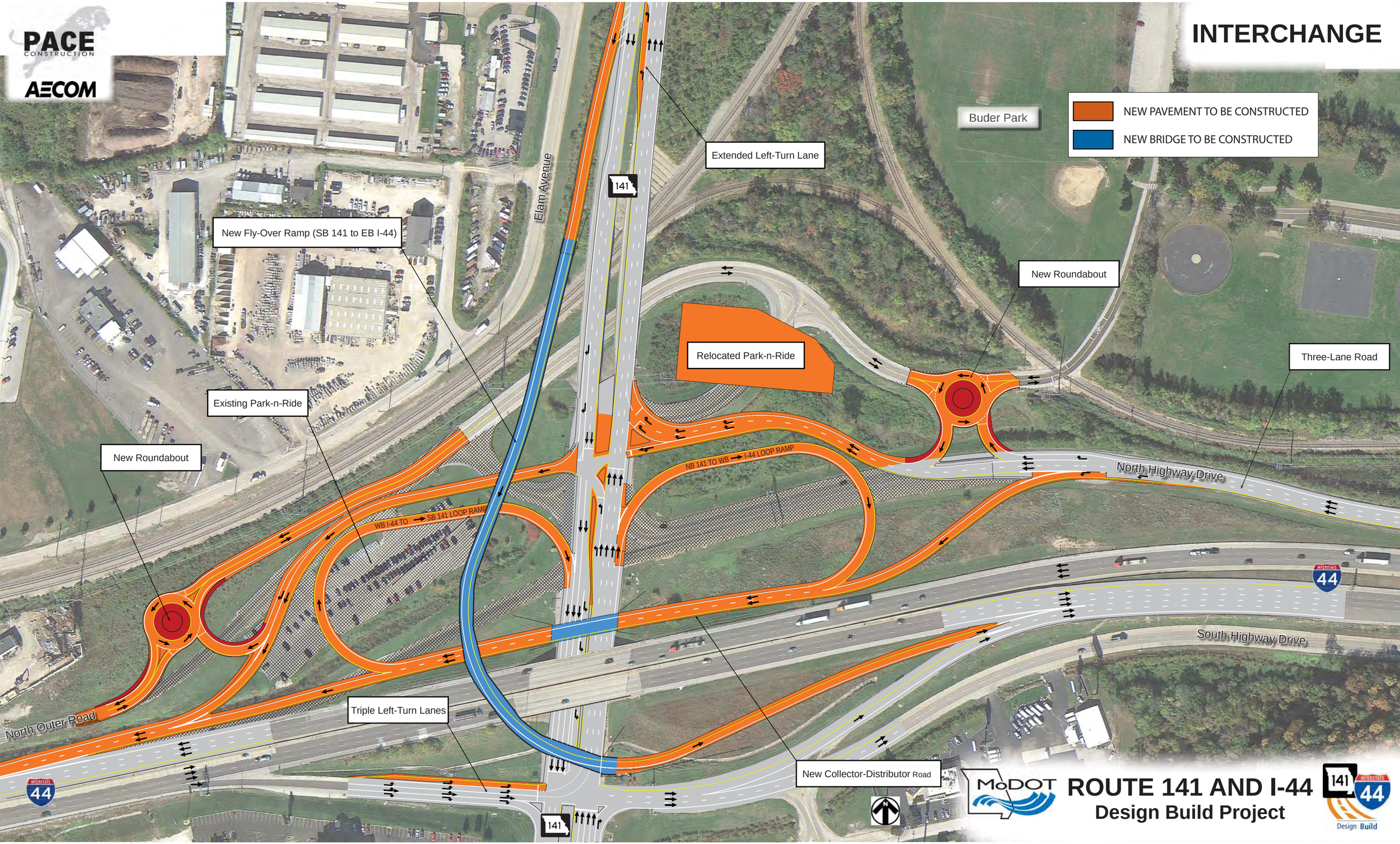INTERCHANGE