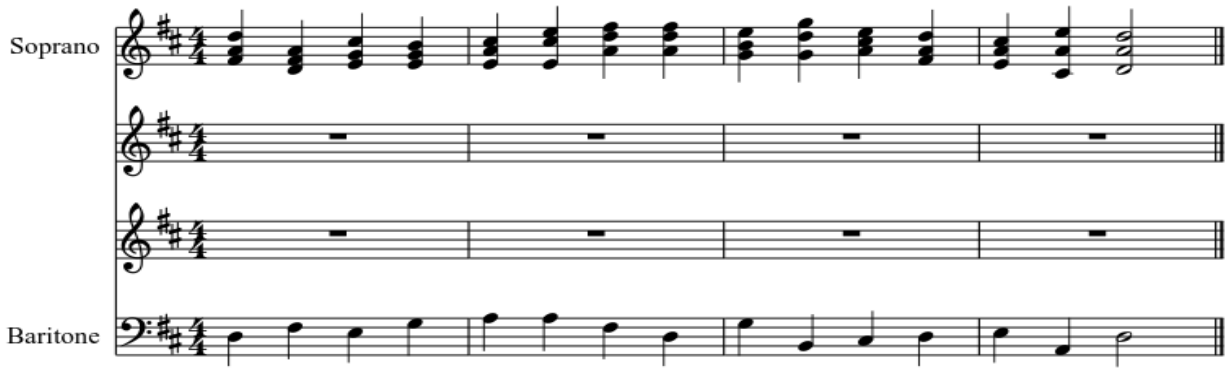4 part excercise