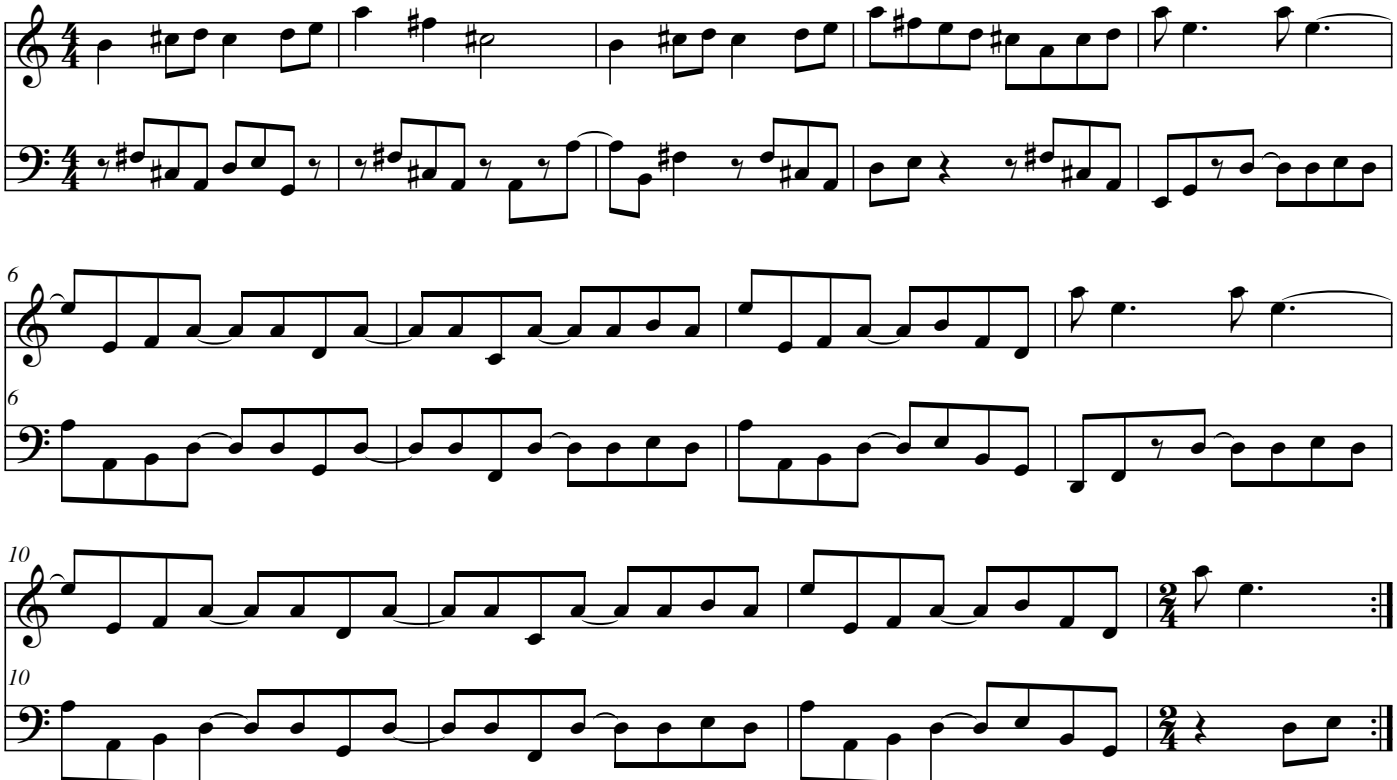quick, fluid