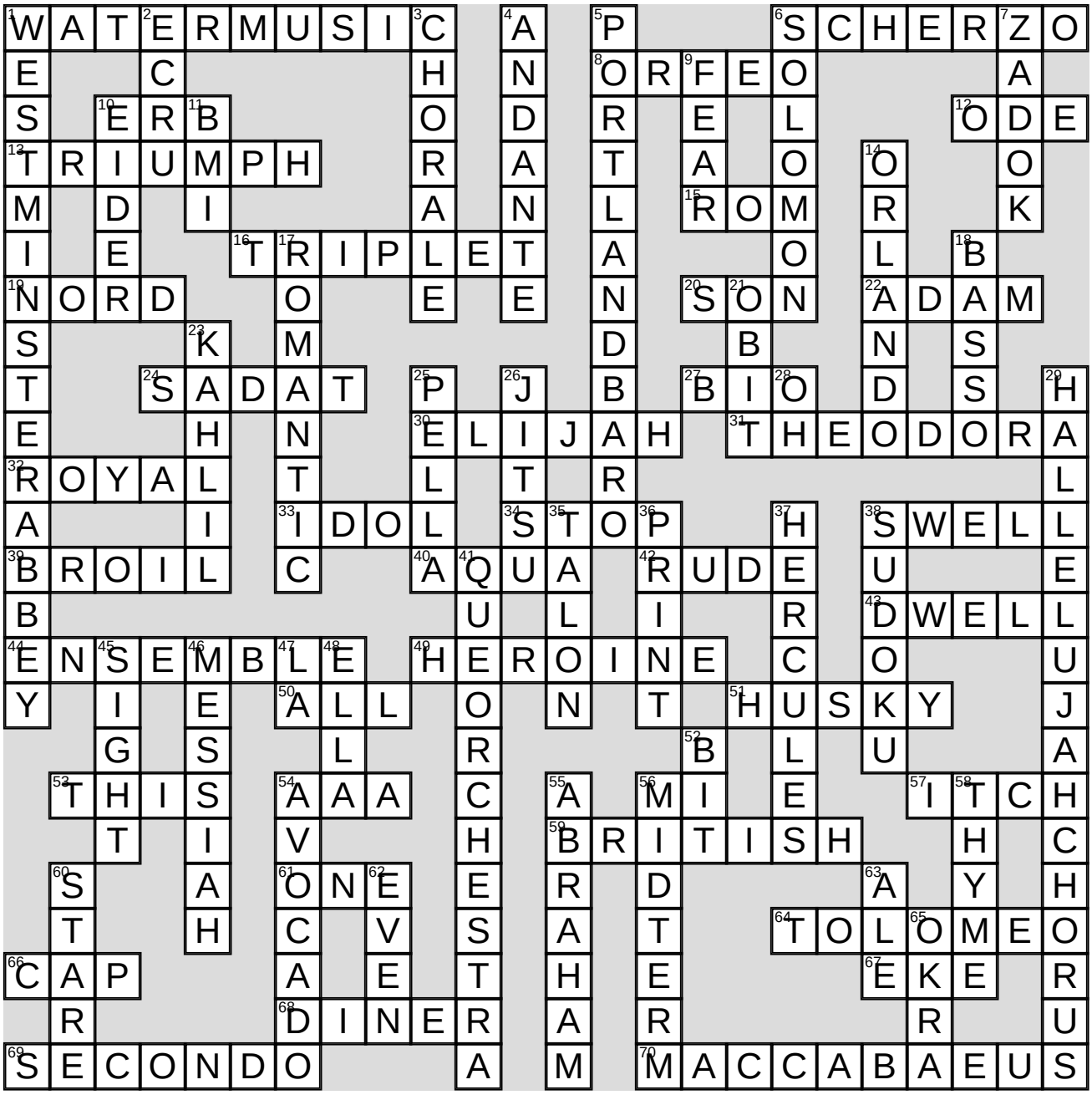HOW MUCH CAN YOU HANDEL?