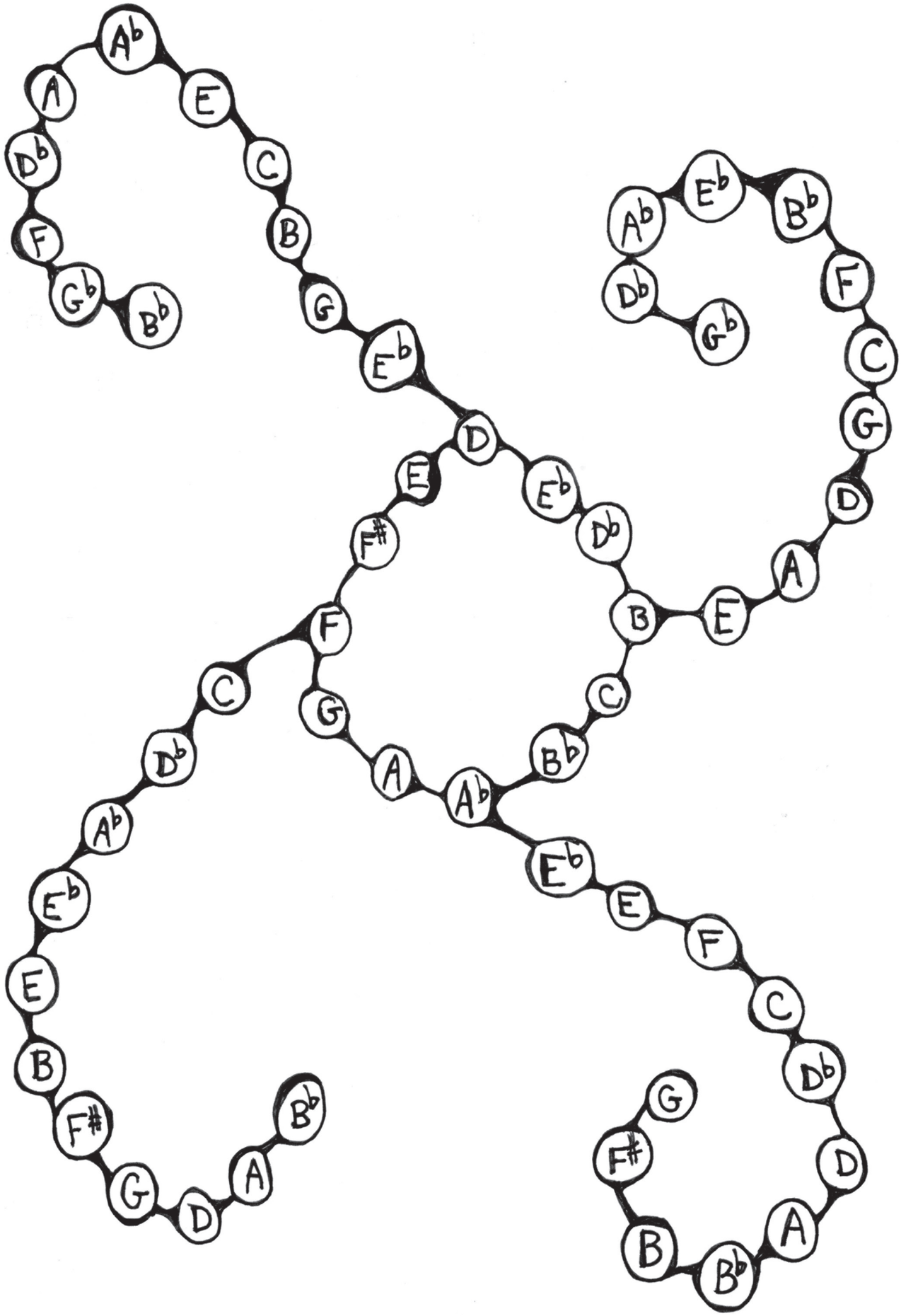TRIPLE DIMINISHED SPIRAL