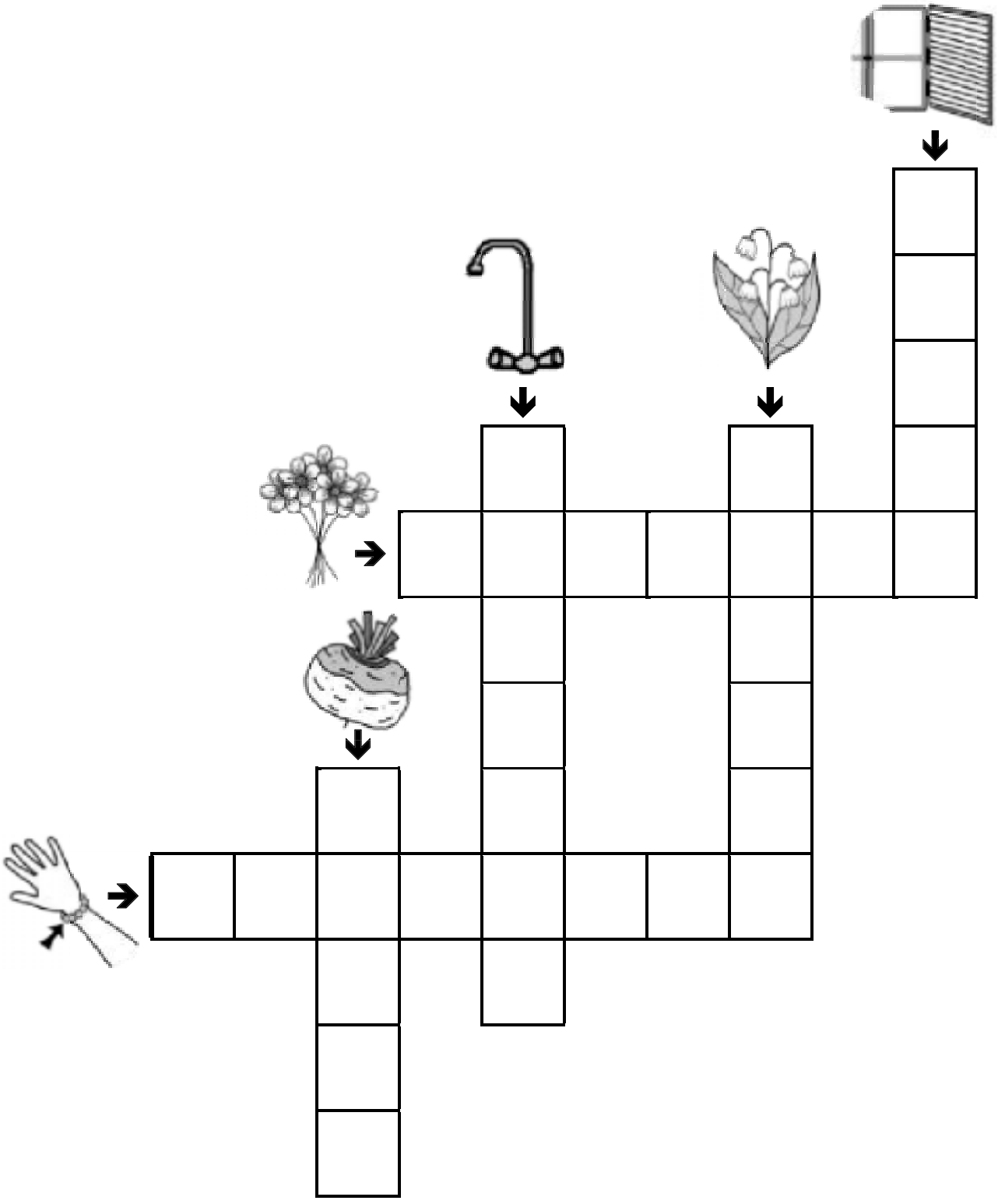et