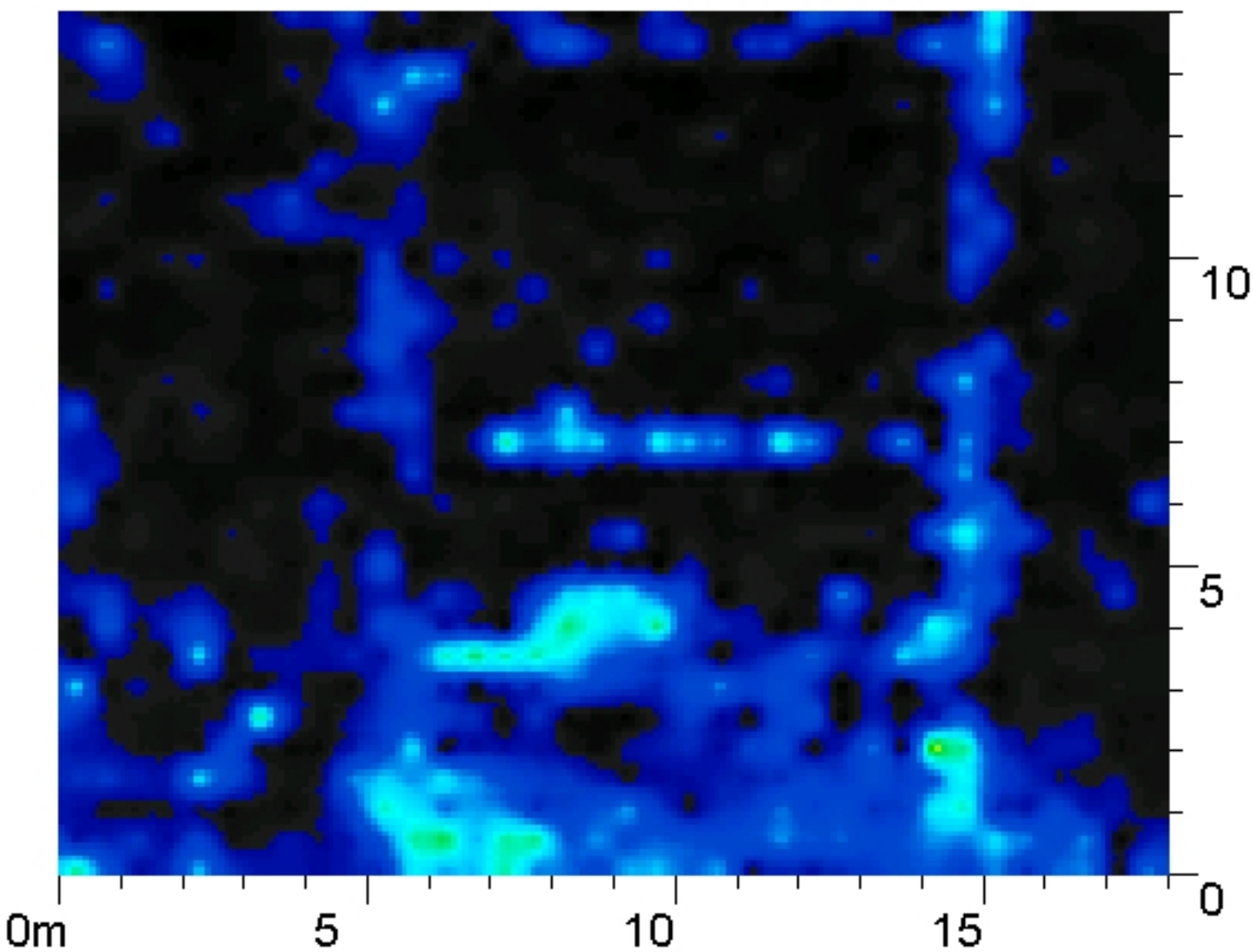0m