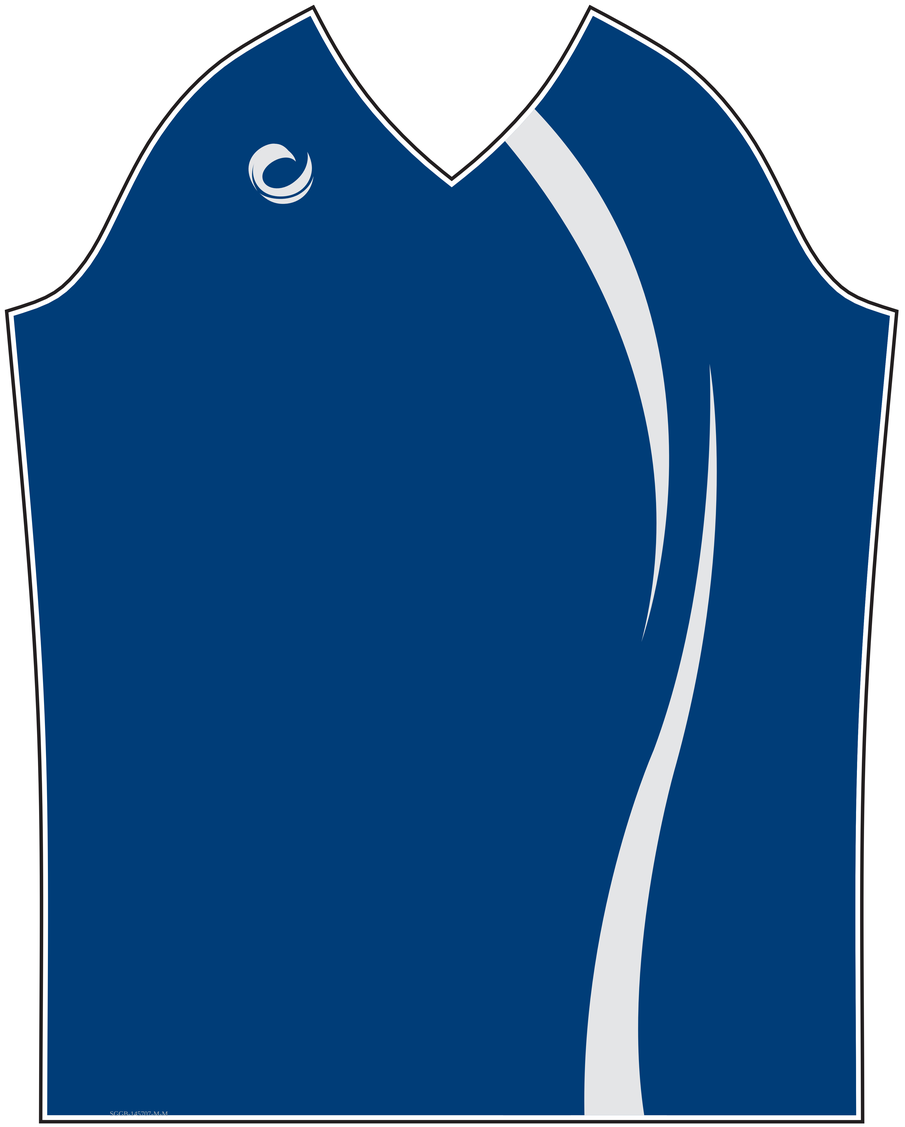# M