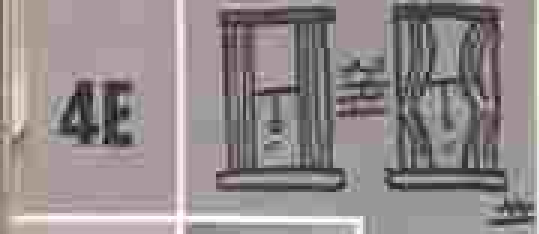4E