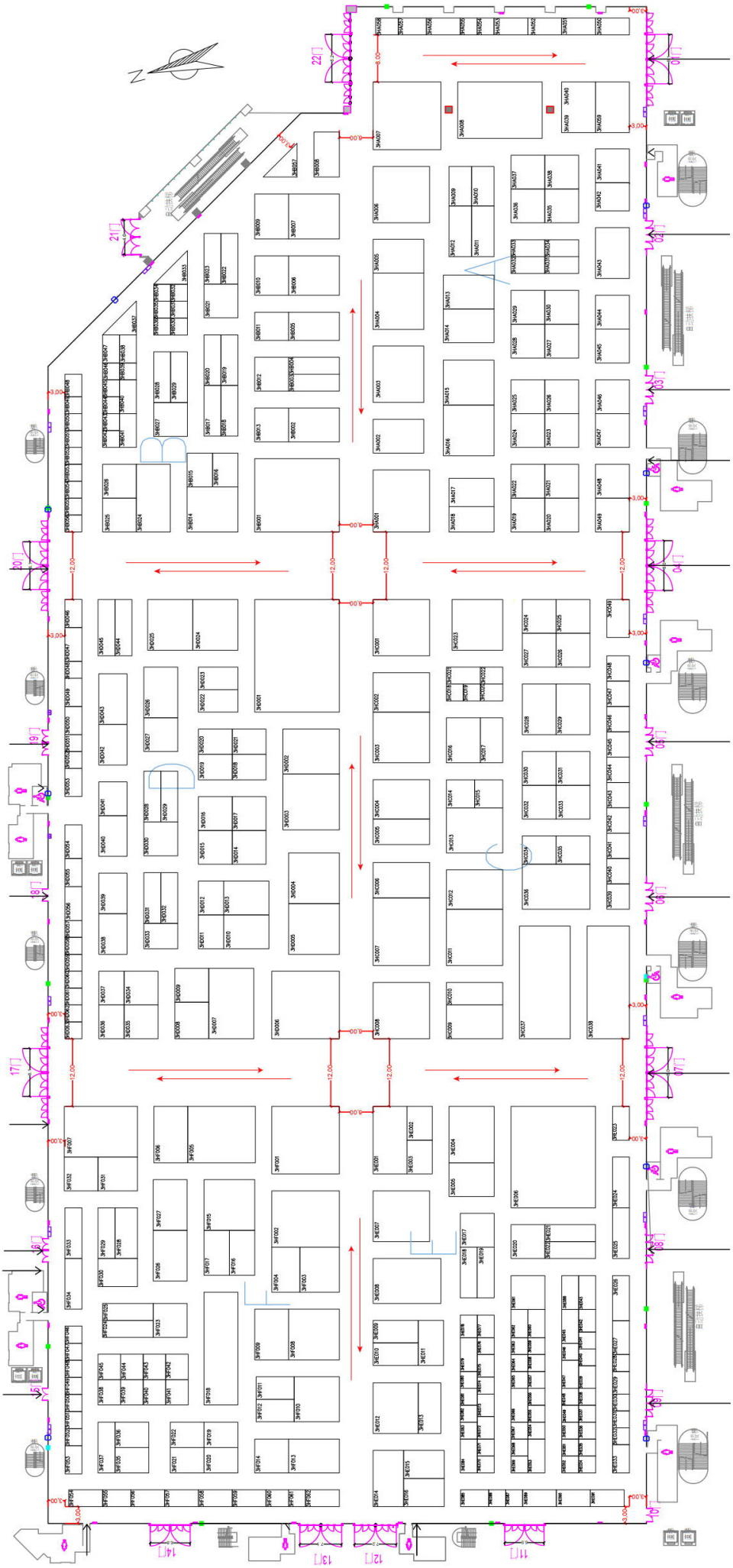3H