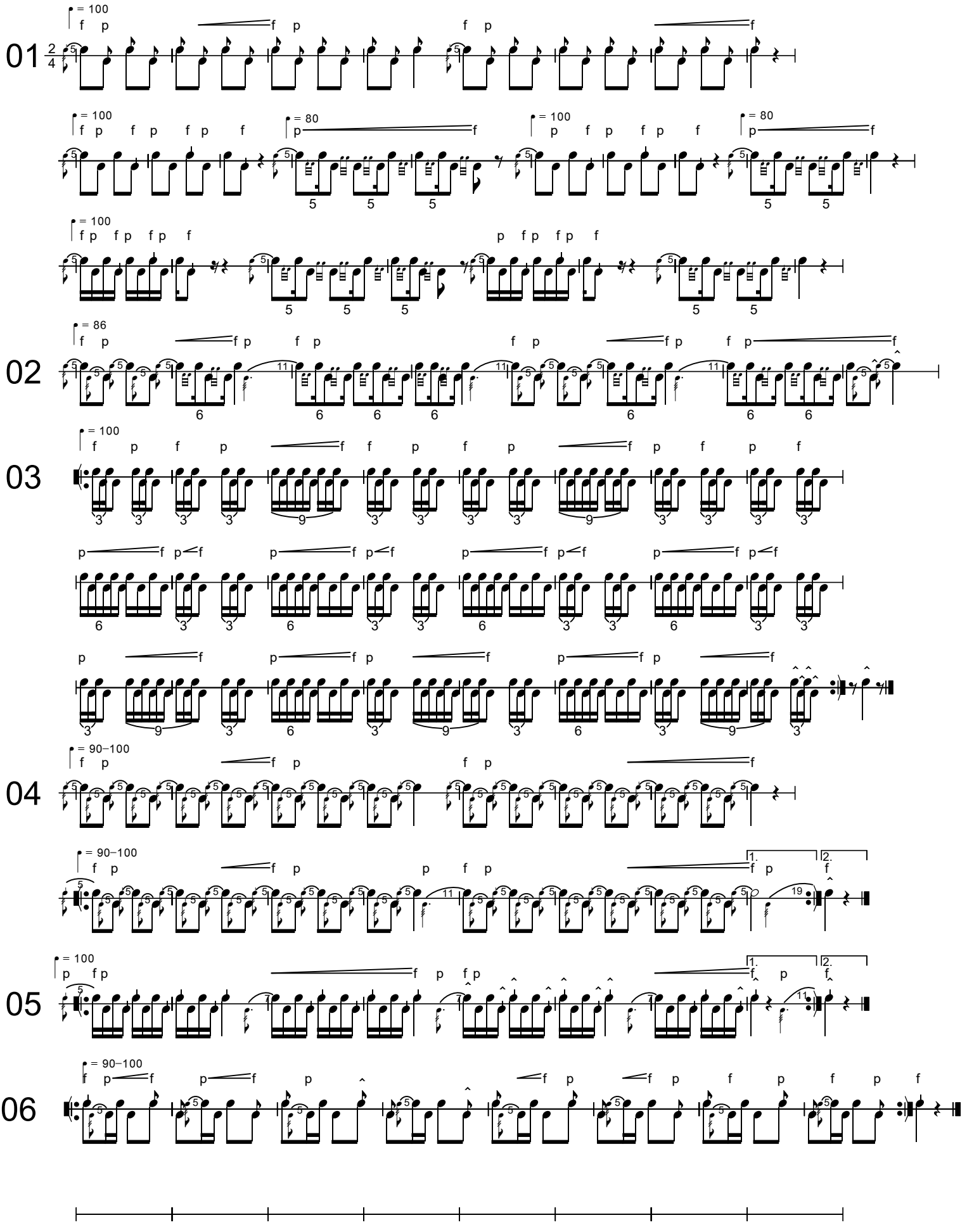üh