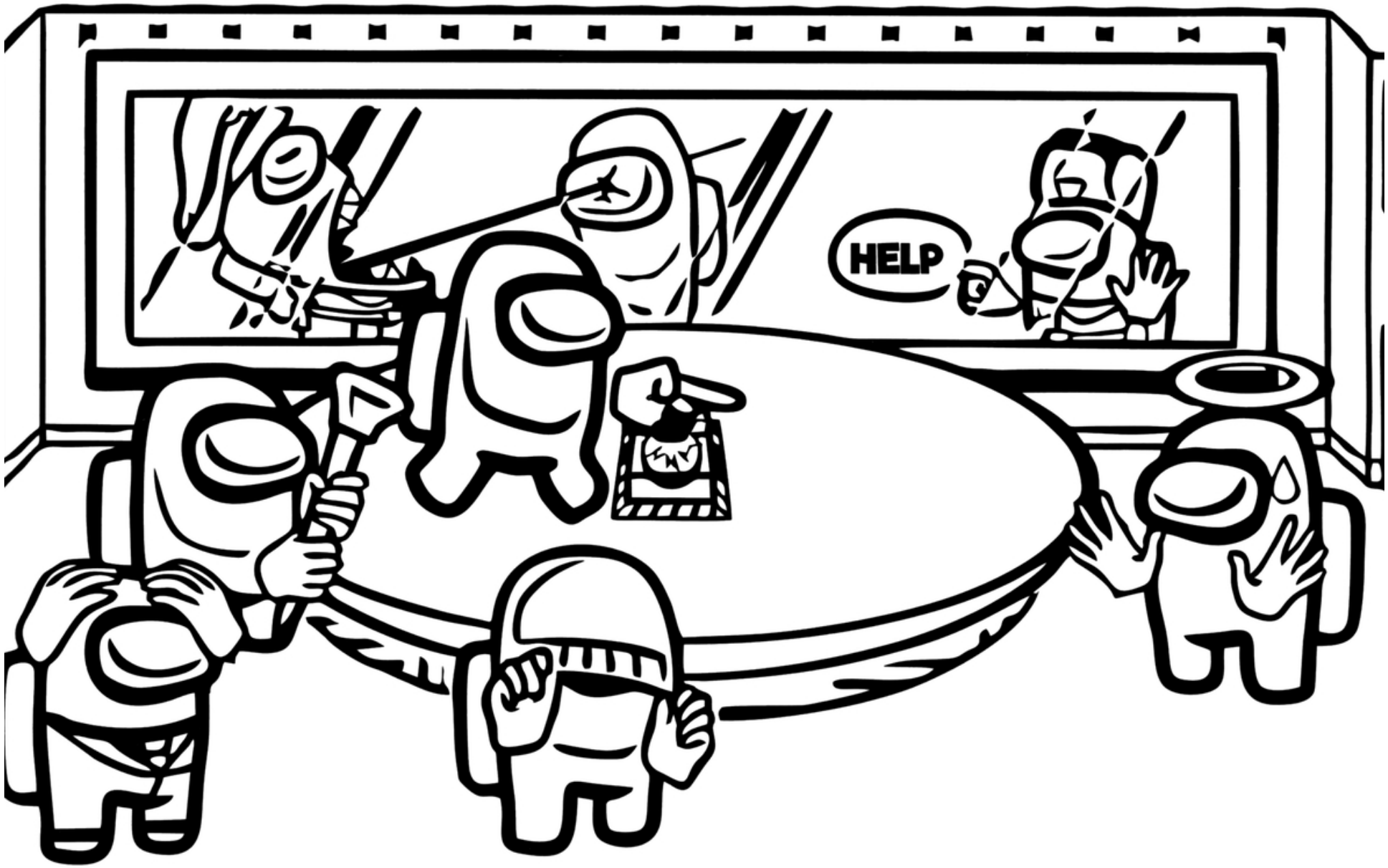
HELP