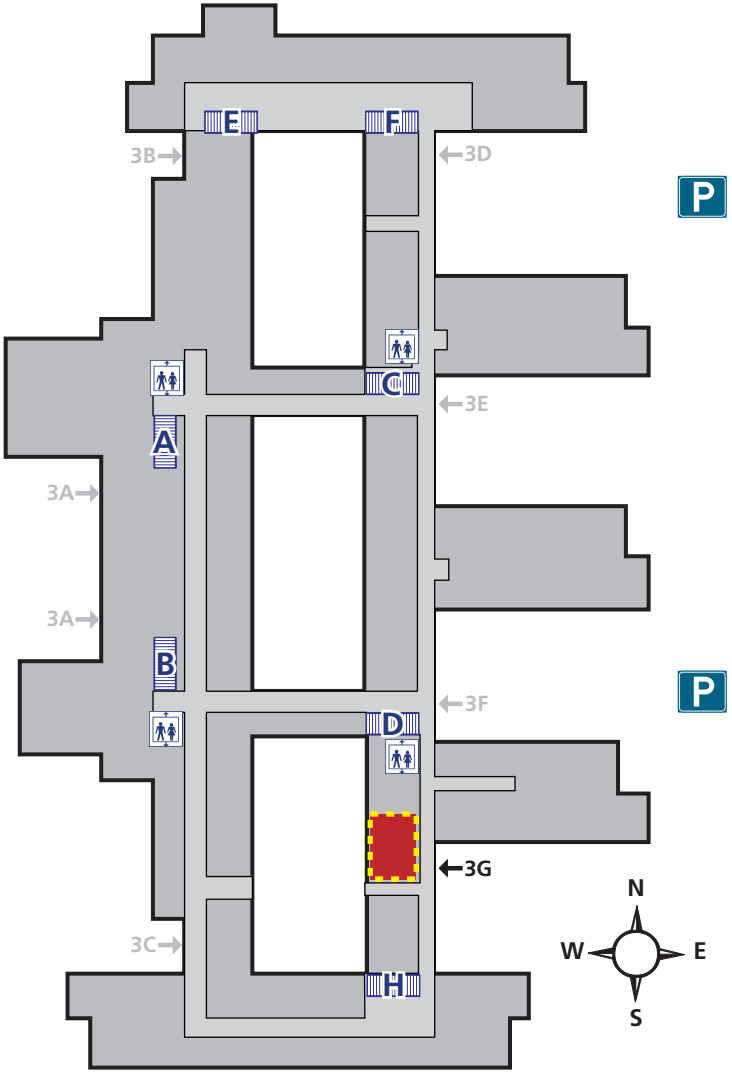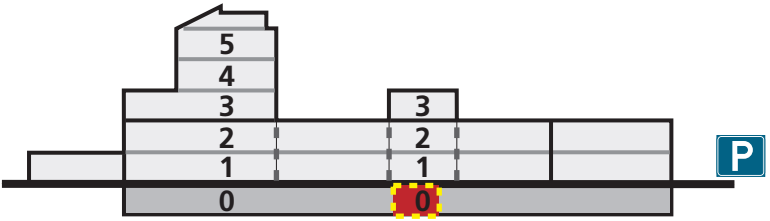E:C