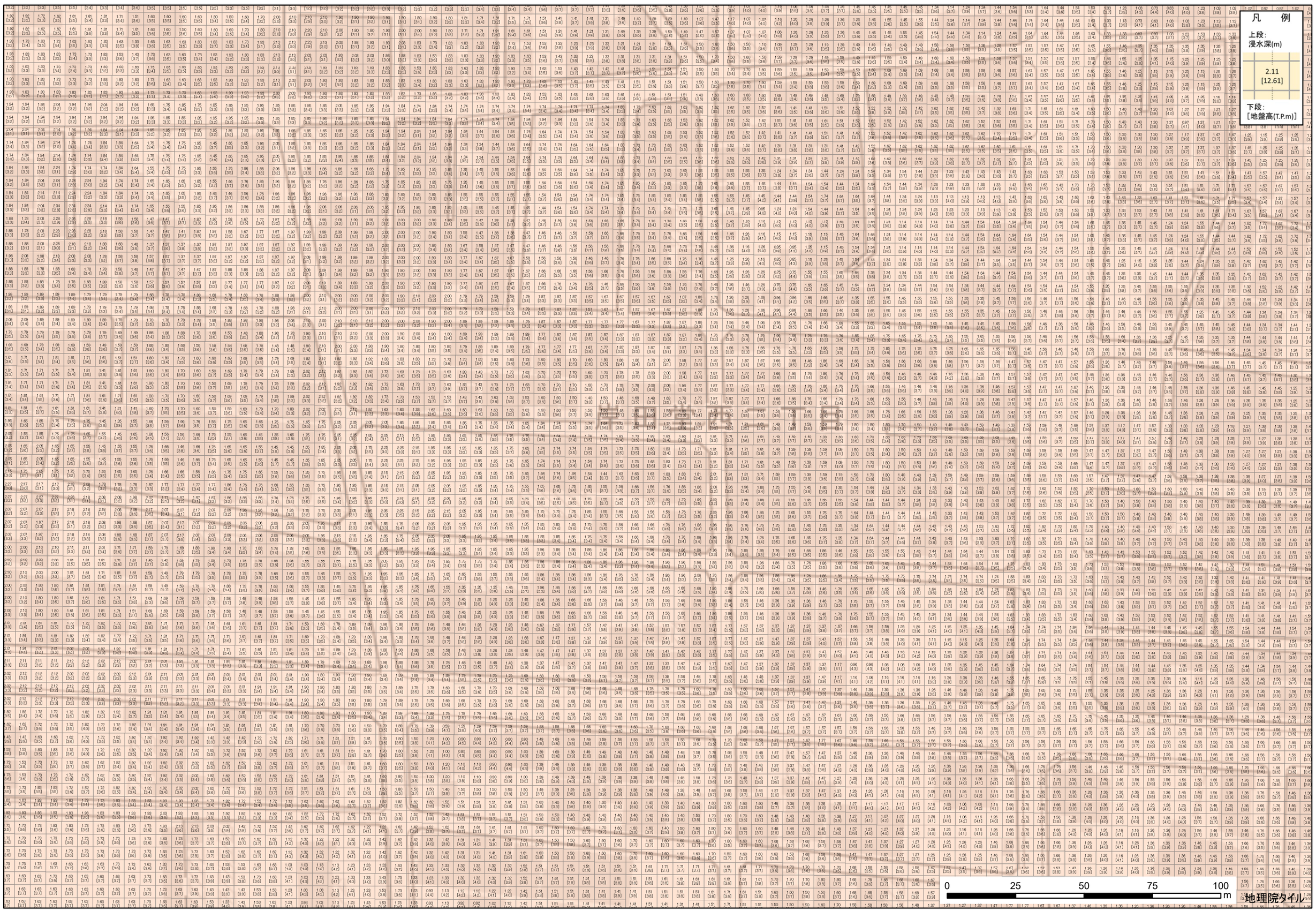18-30