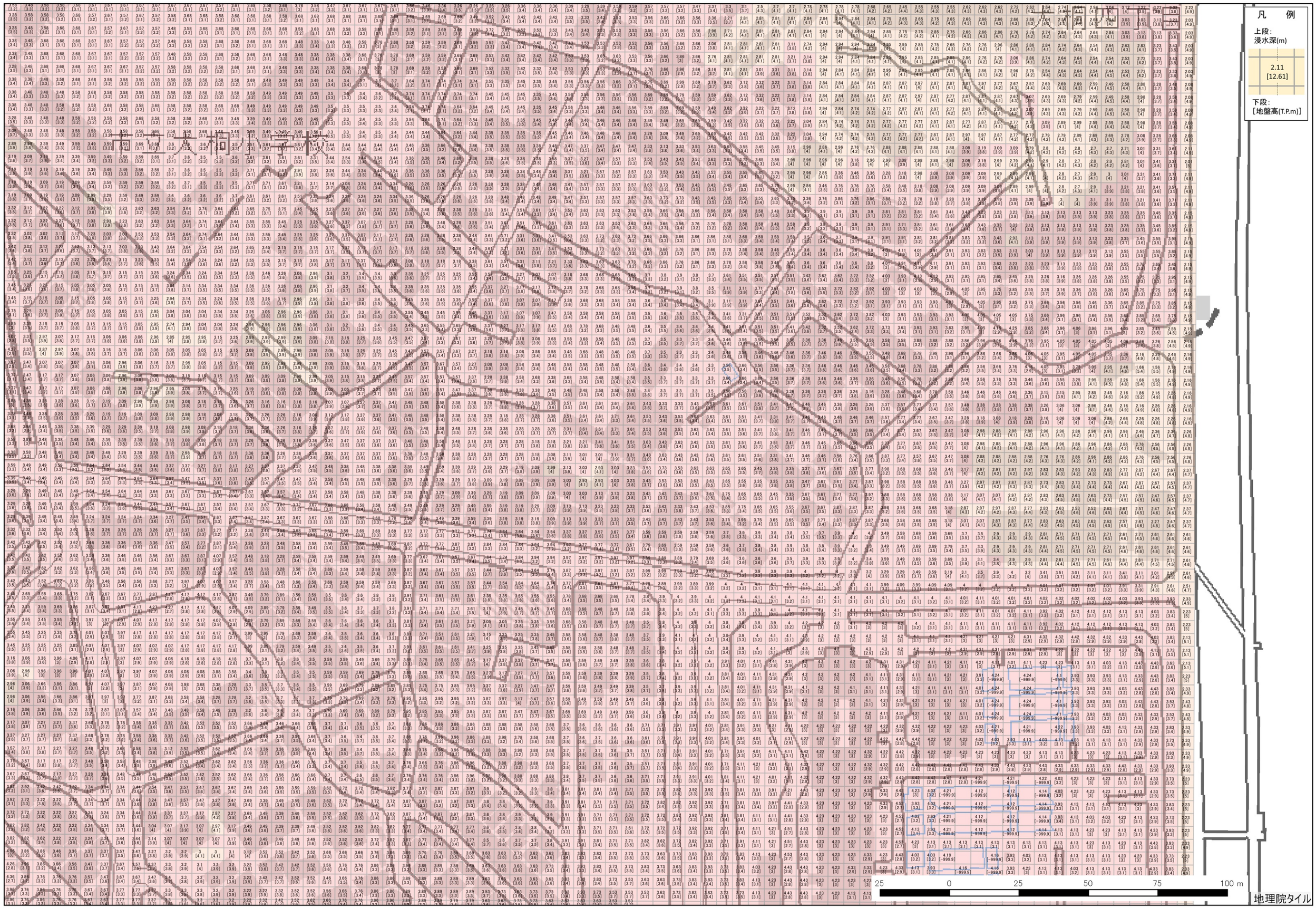100-30