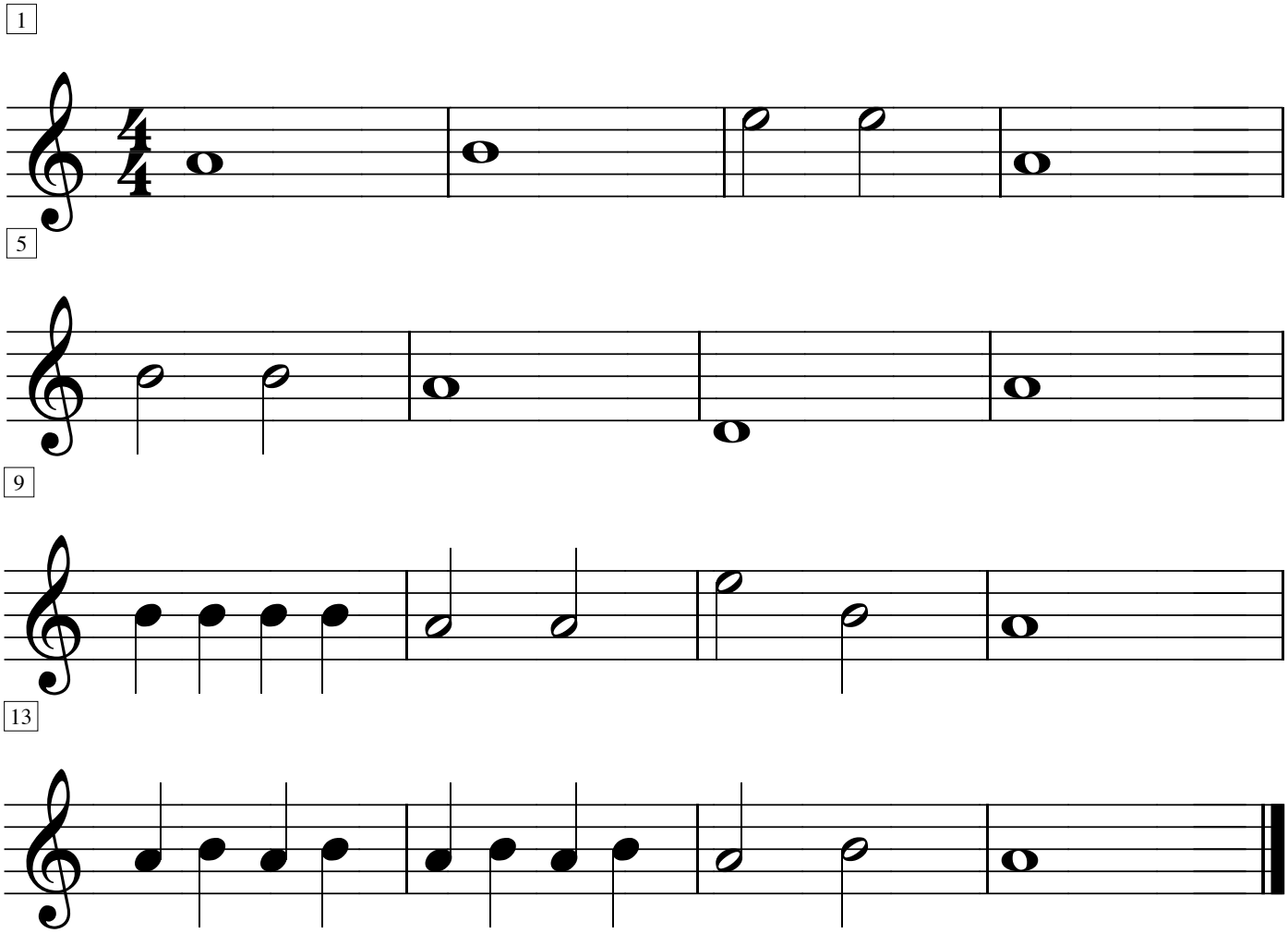B's