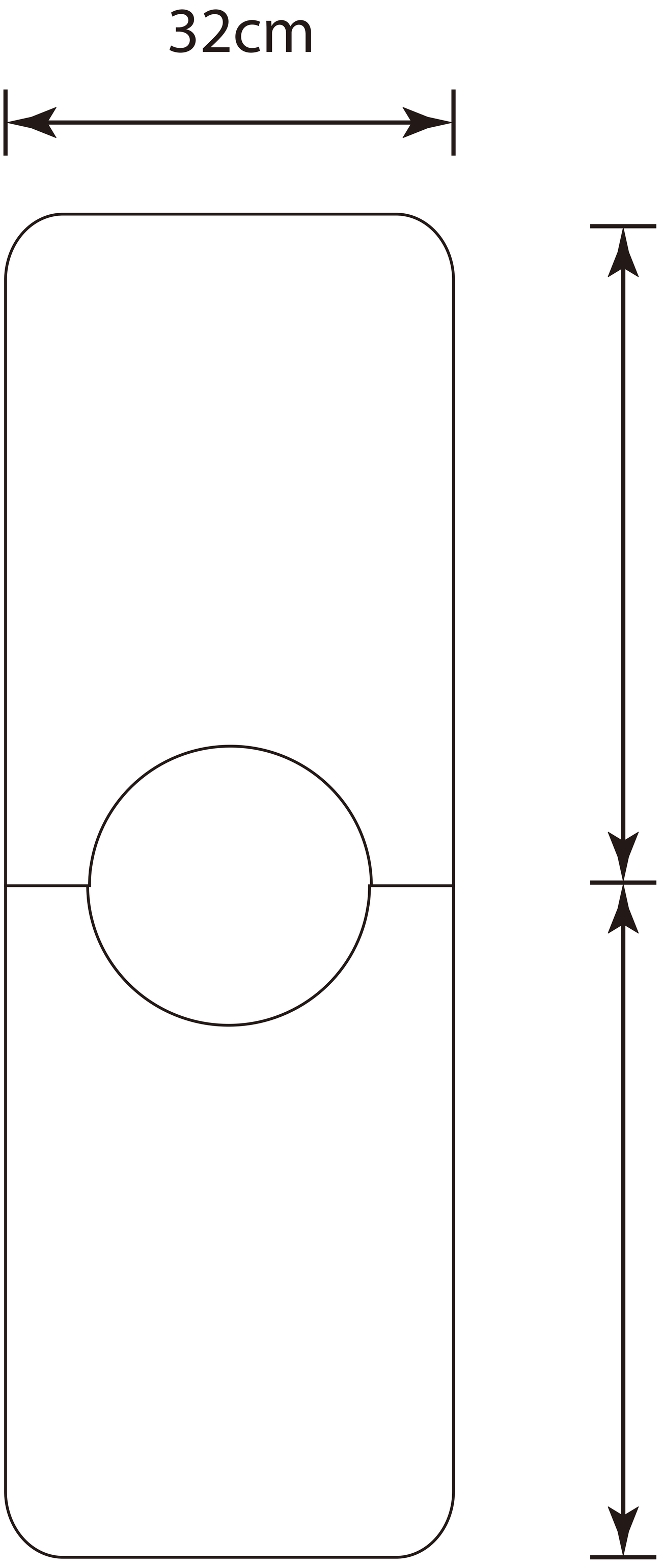XS