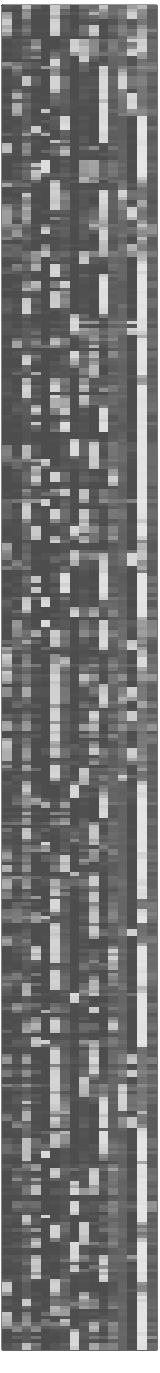LT