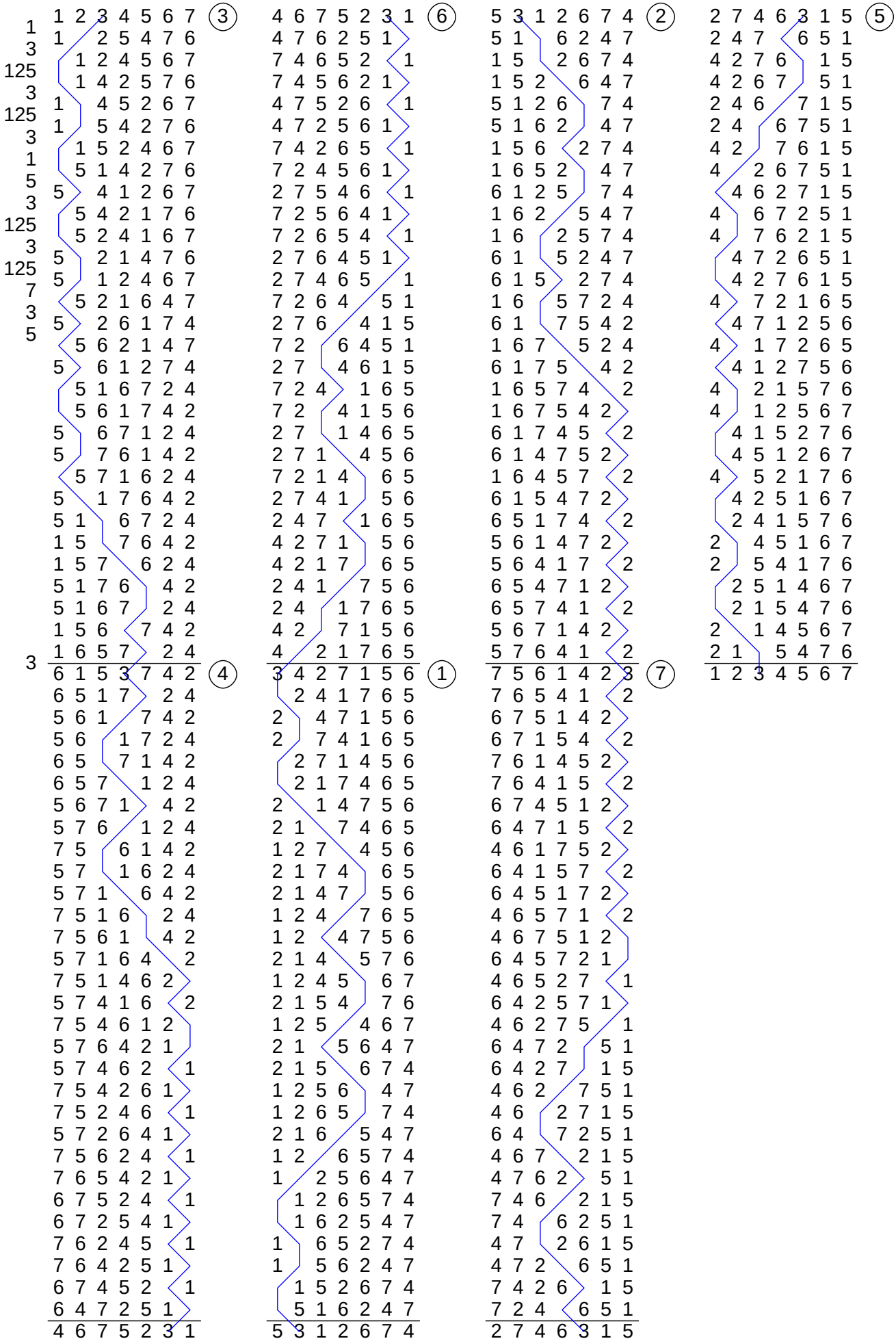Method 229a