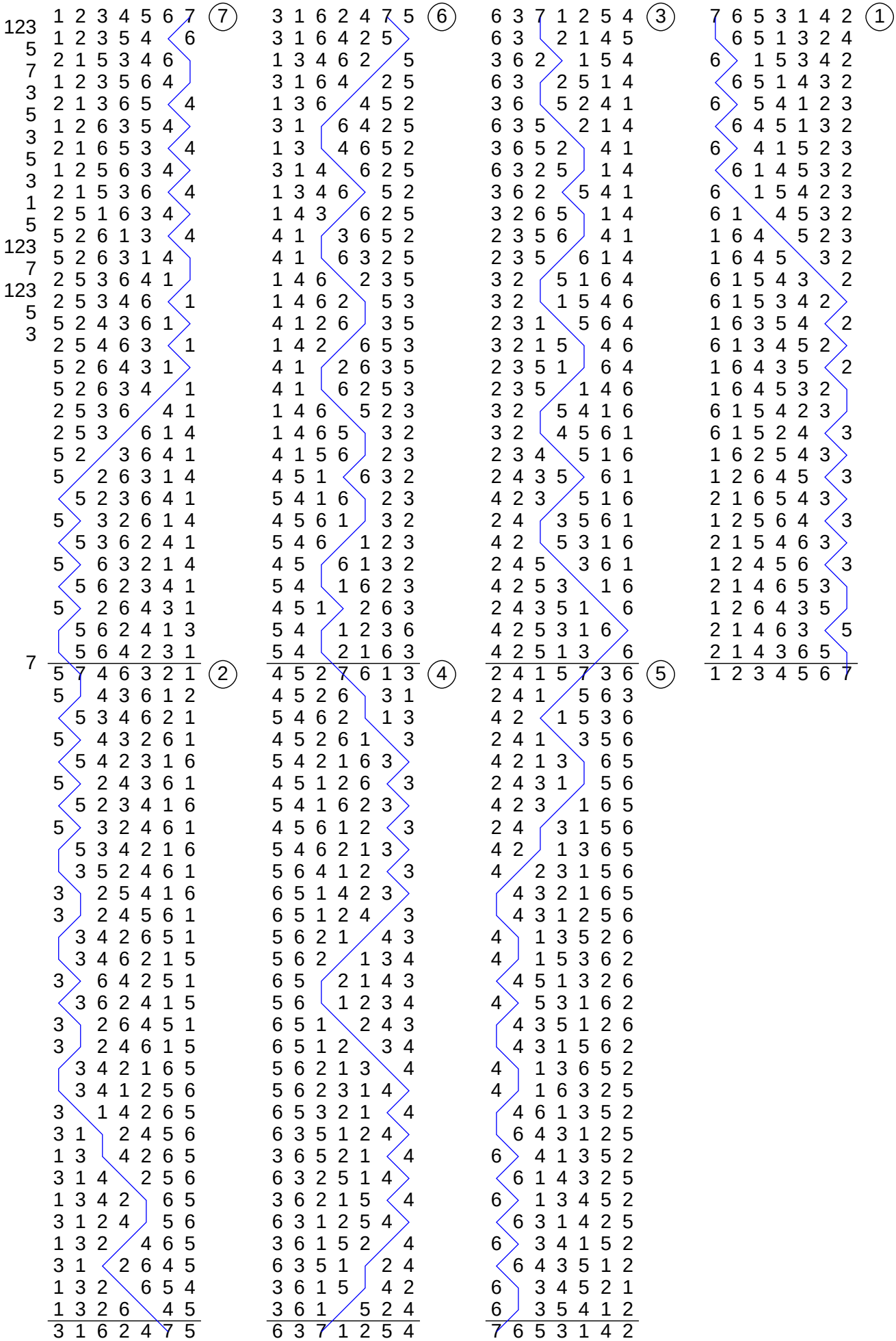Method 191a