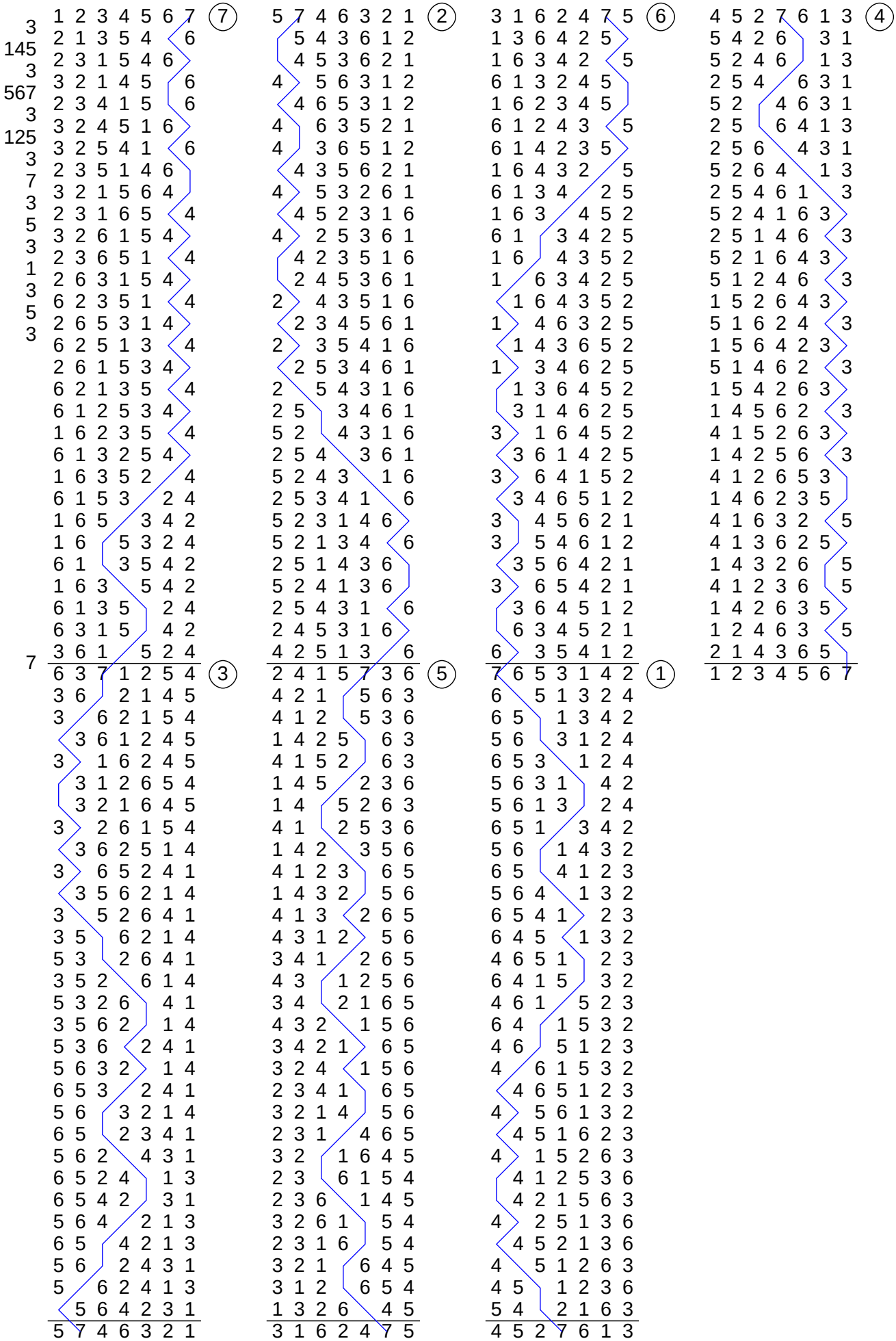Method 190b