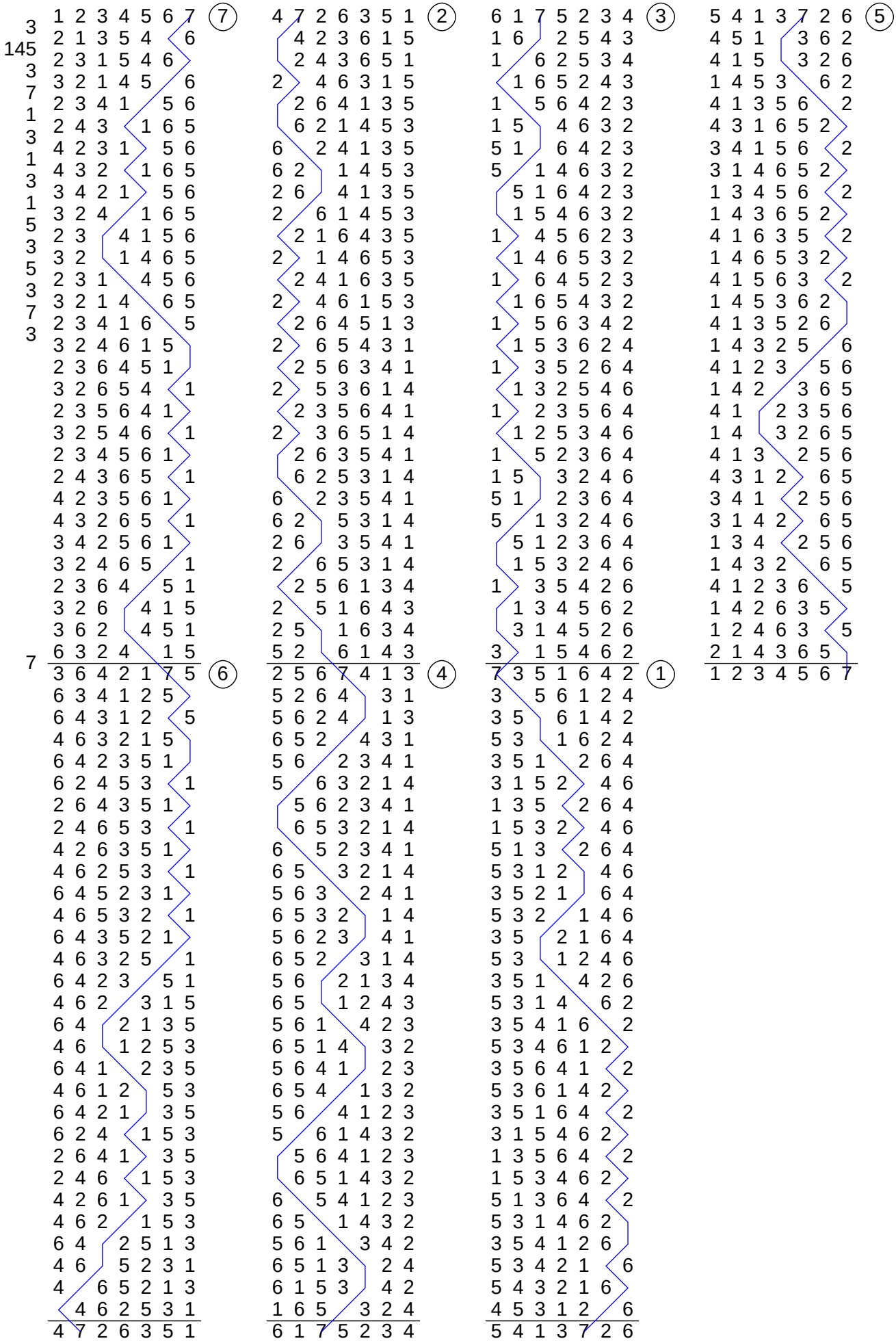Method 153a