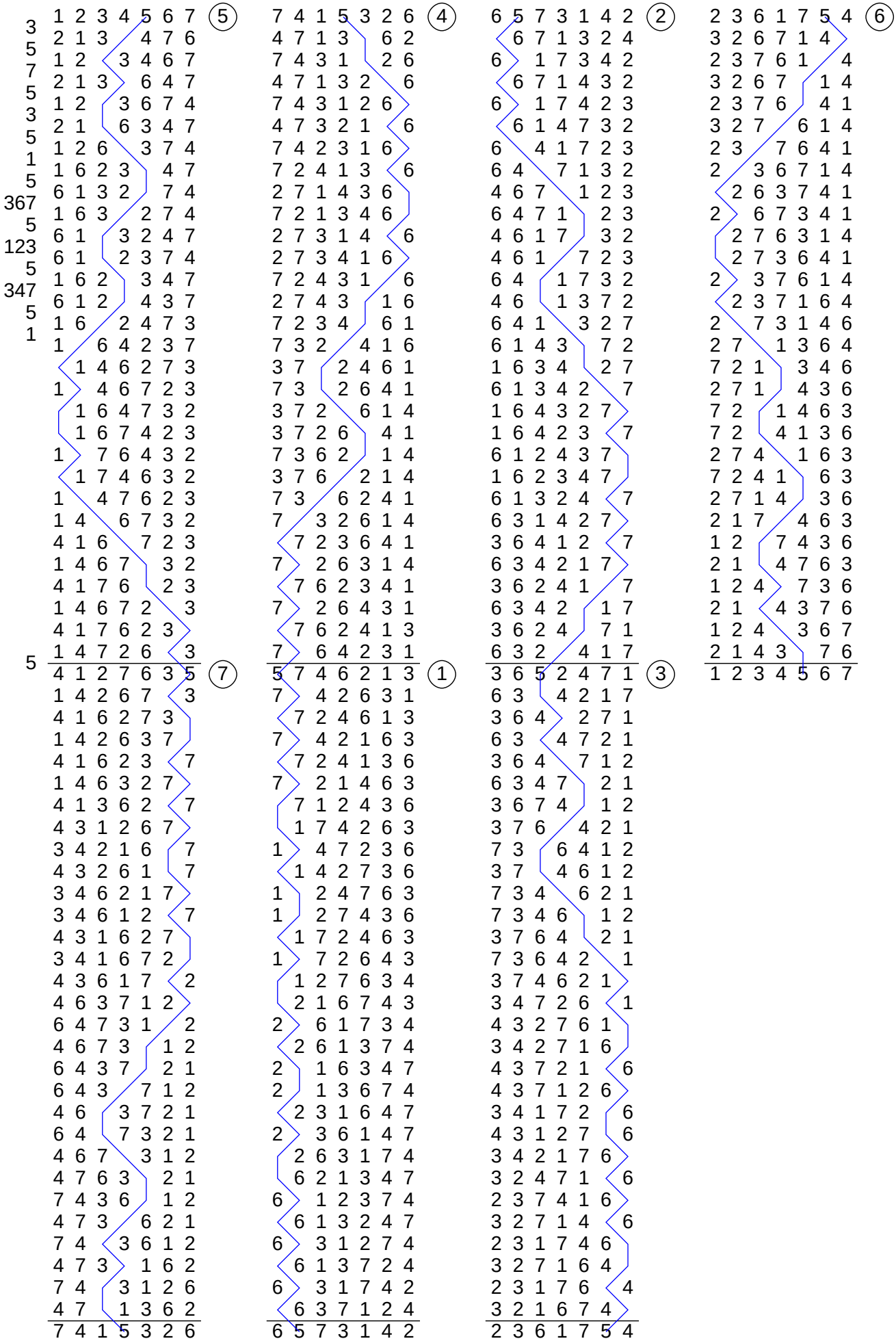Method 190a