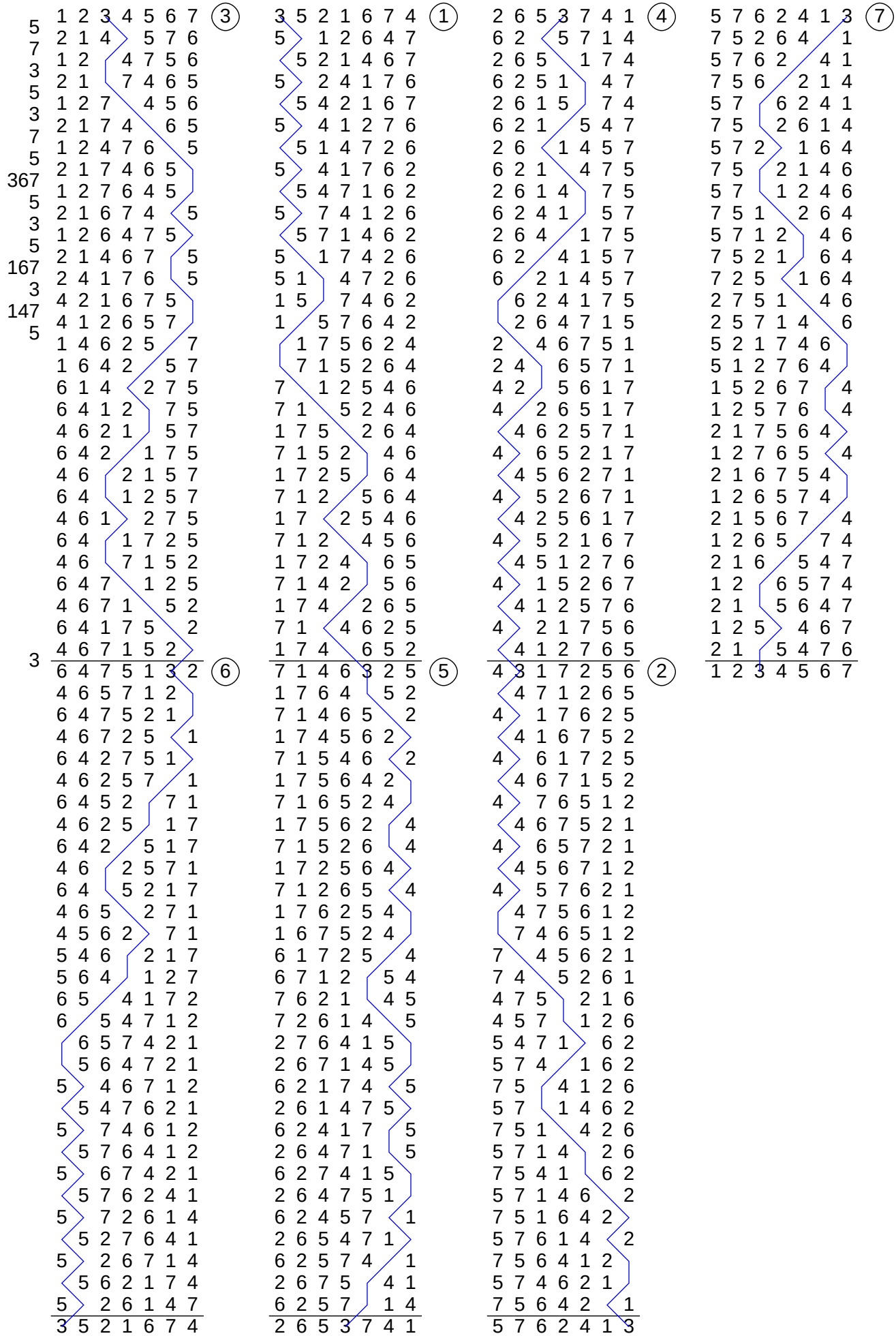Method 195b