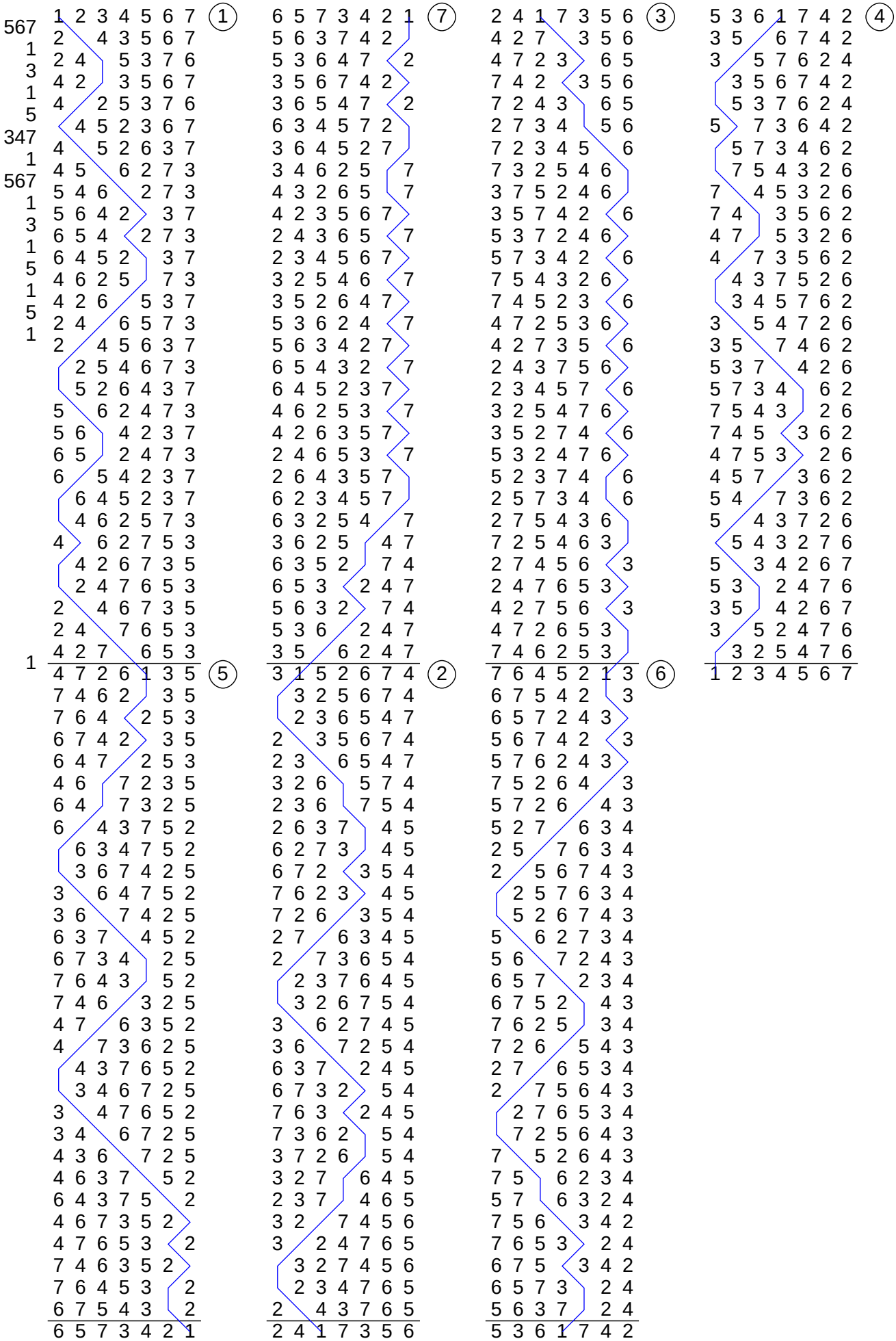Method 89a