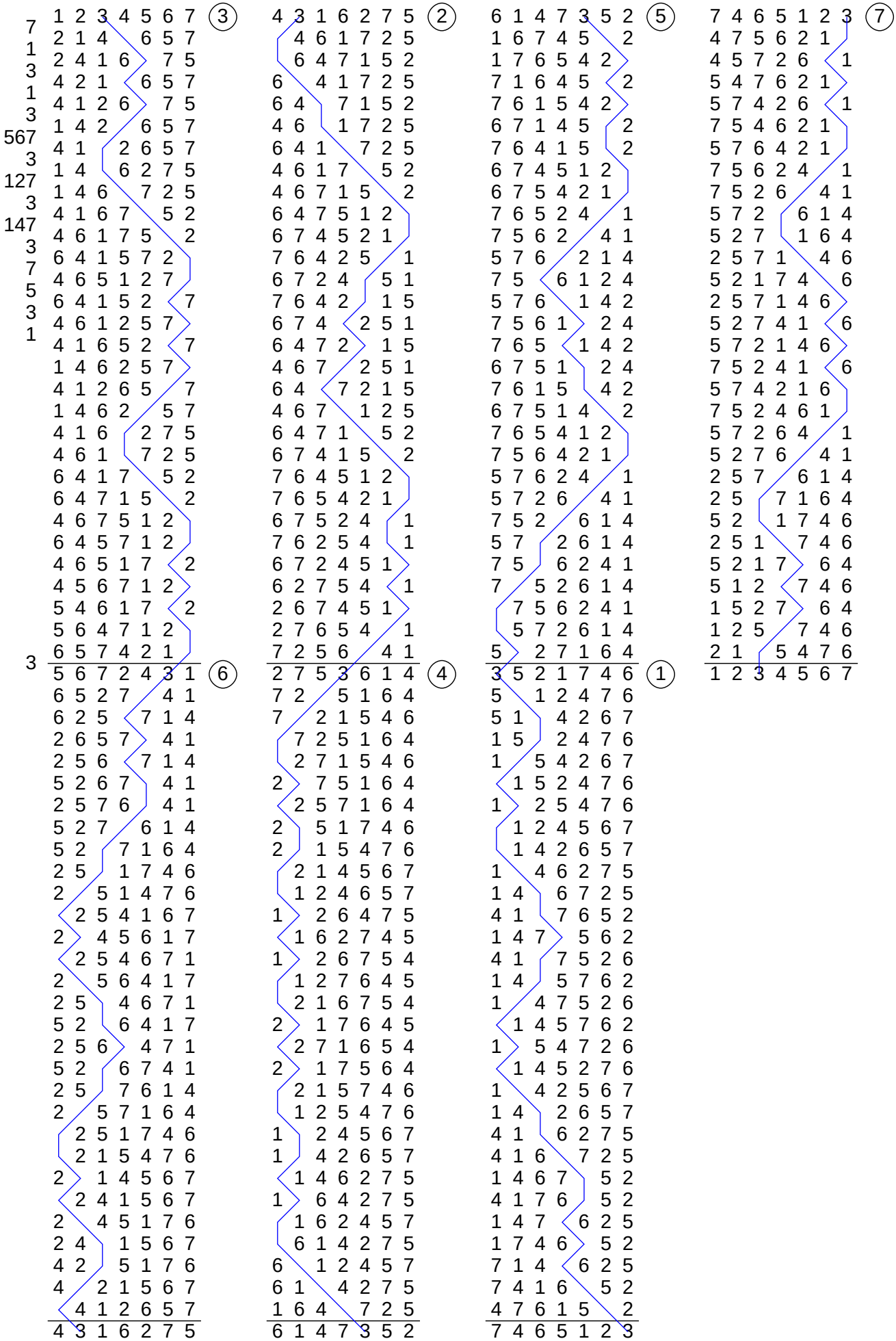Method 45a