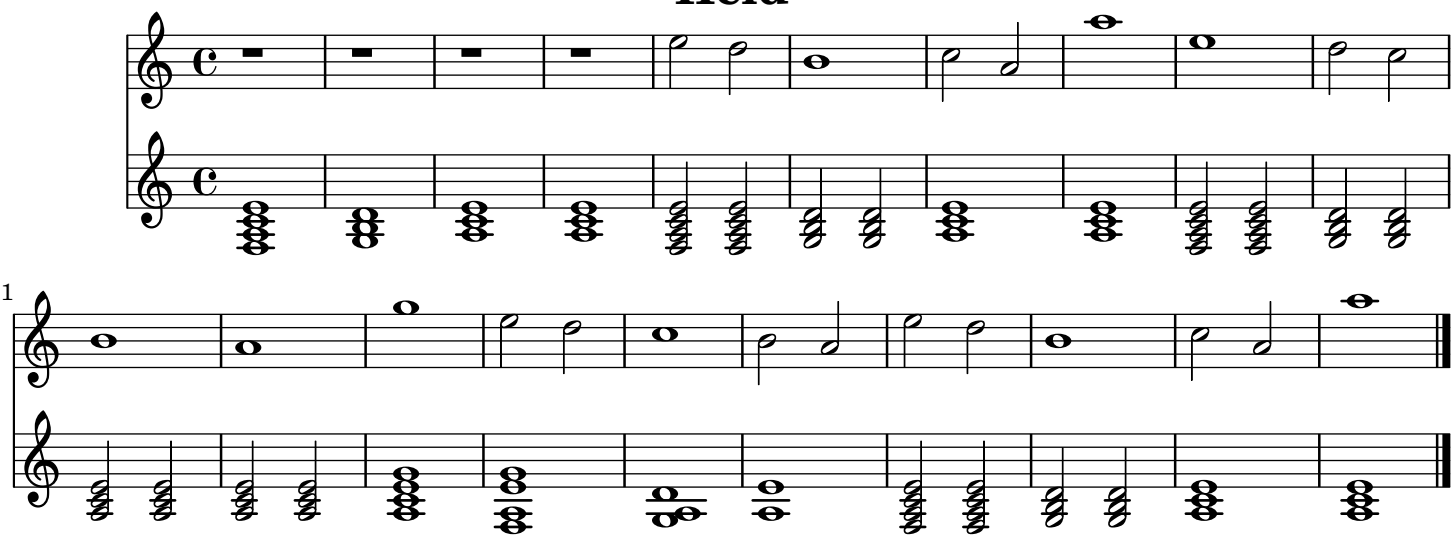Held