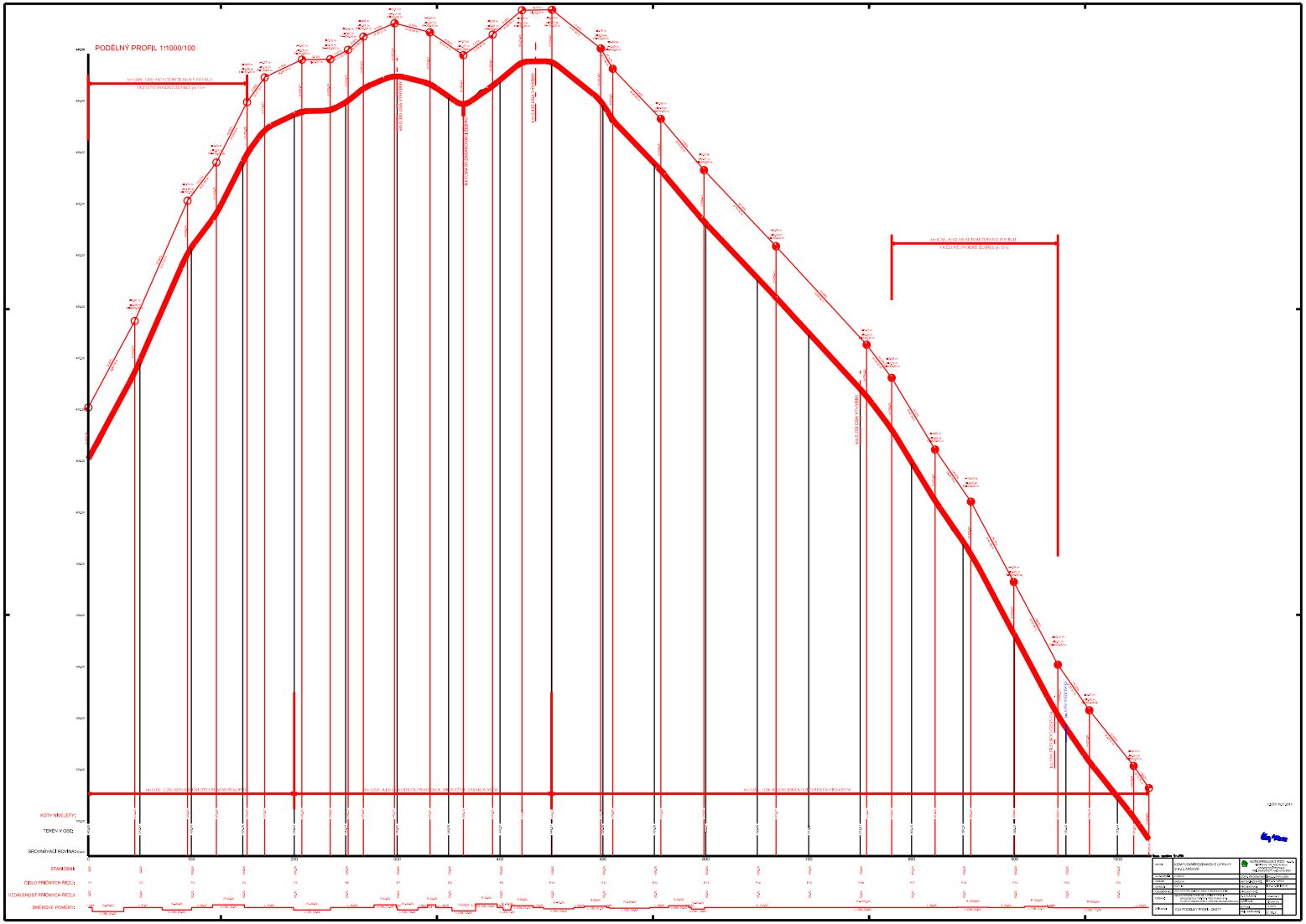C45