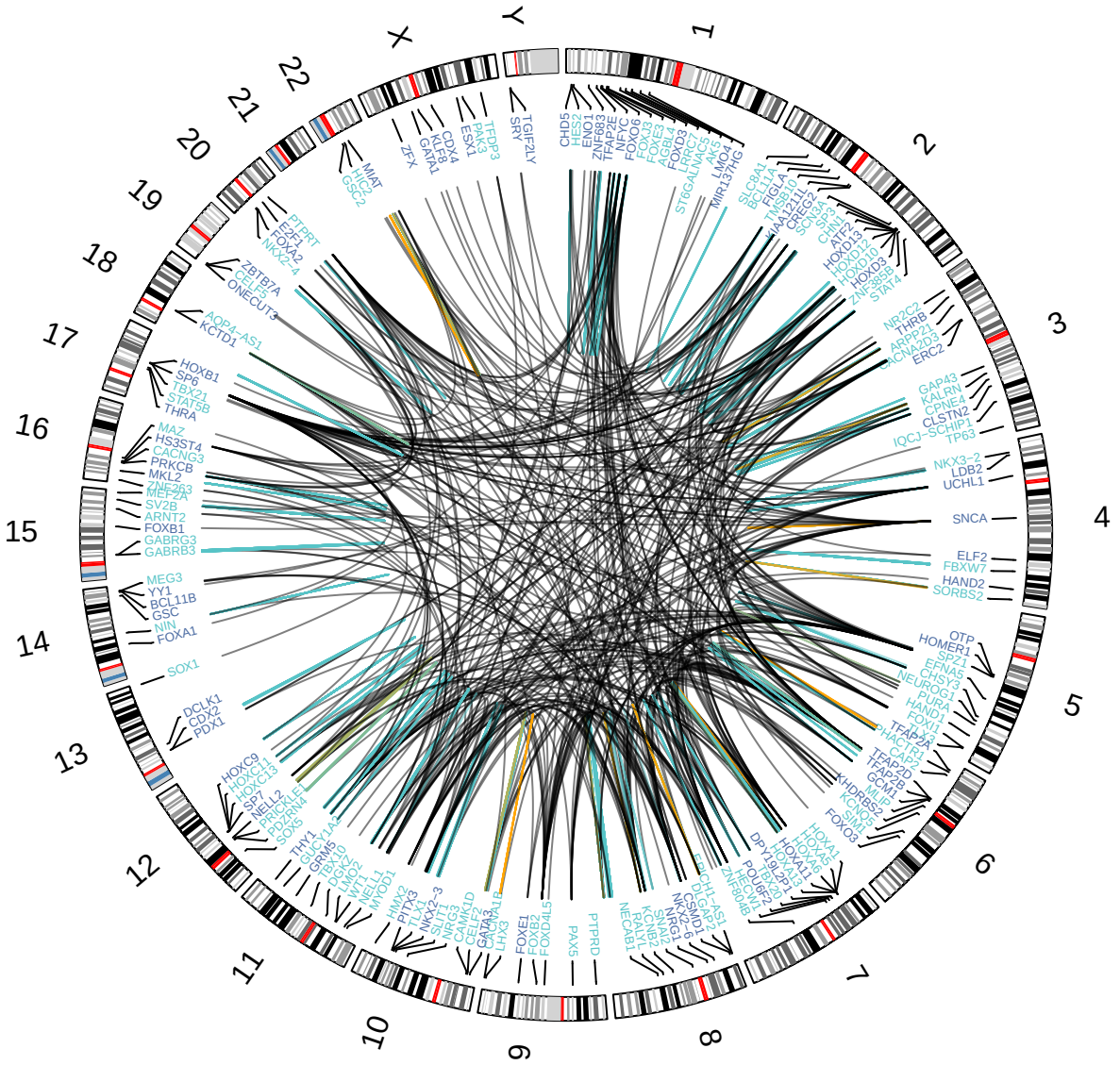ExS