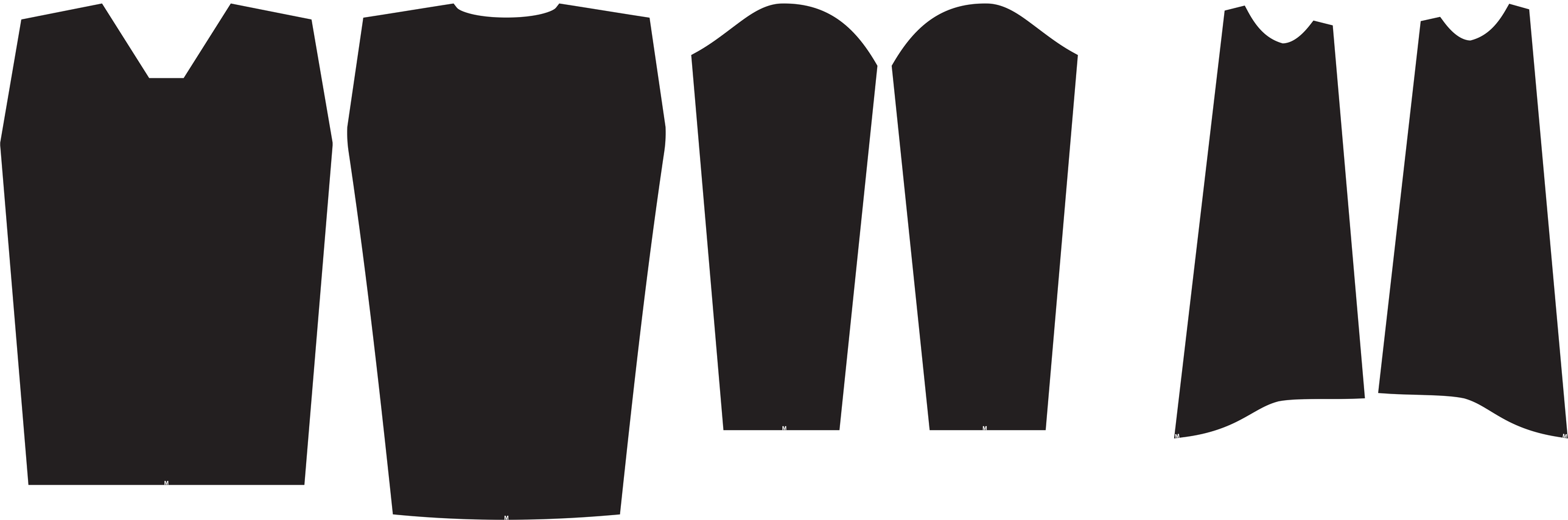M-1