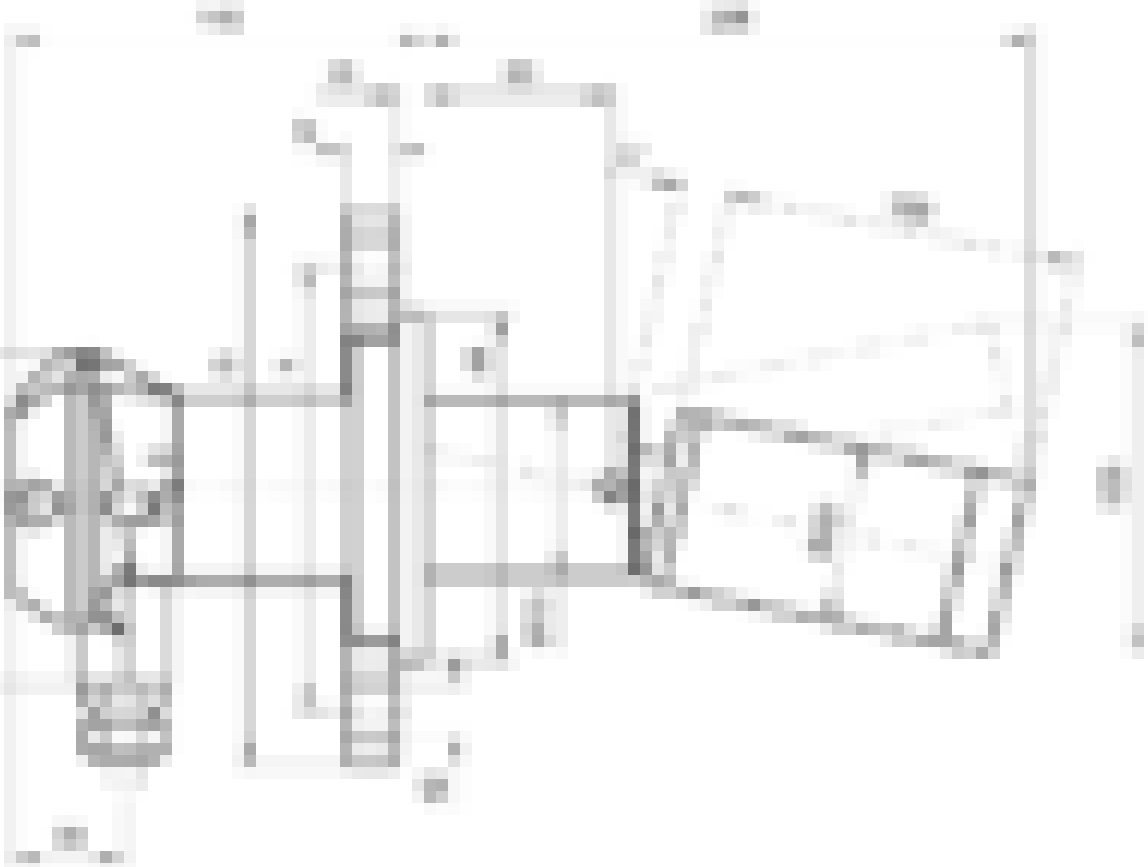esta