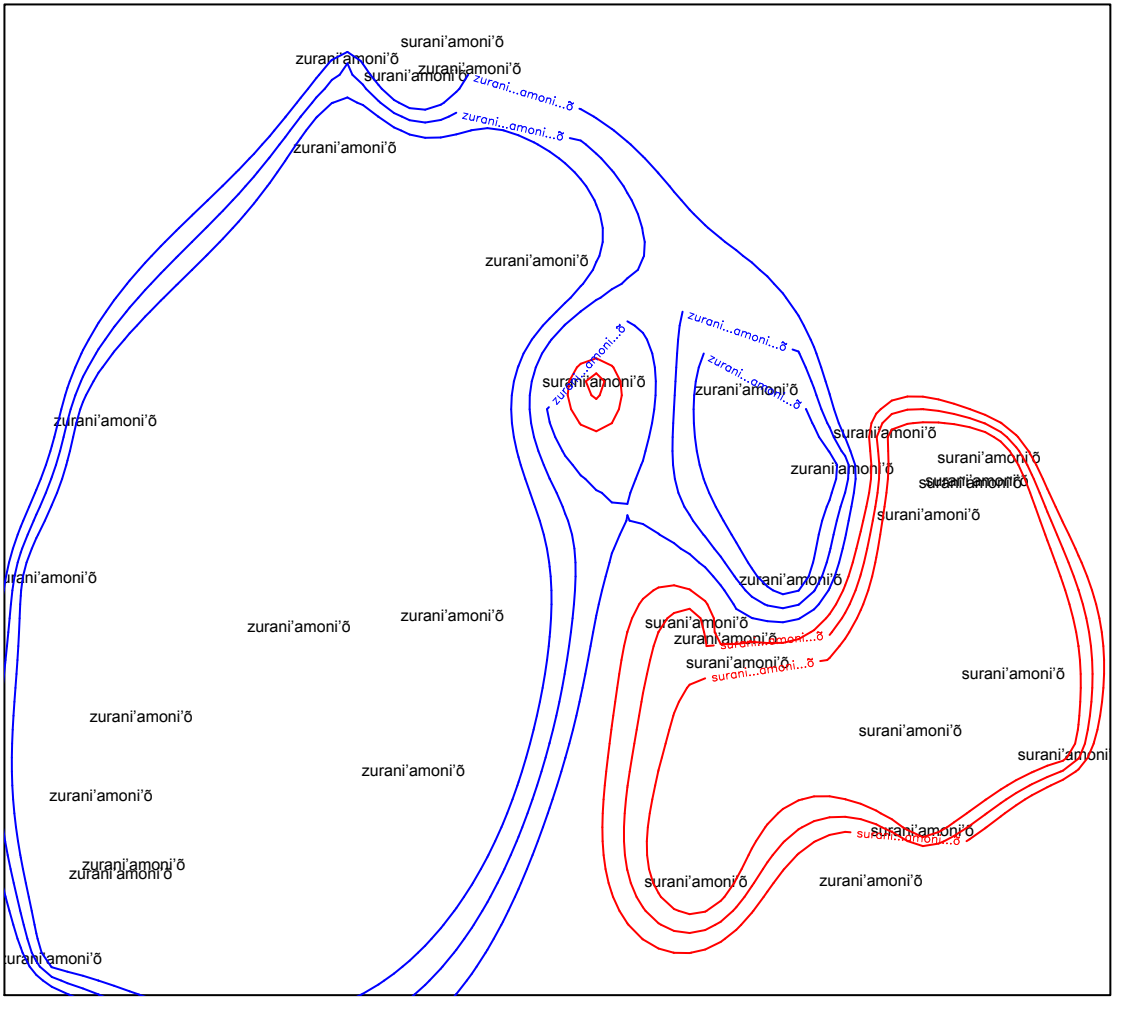nias