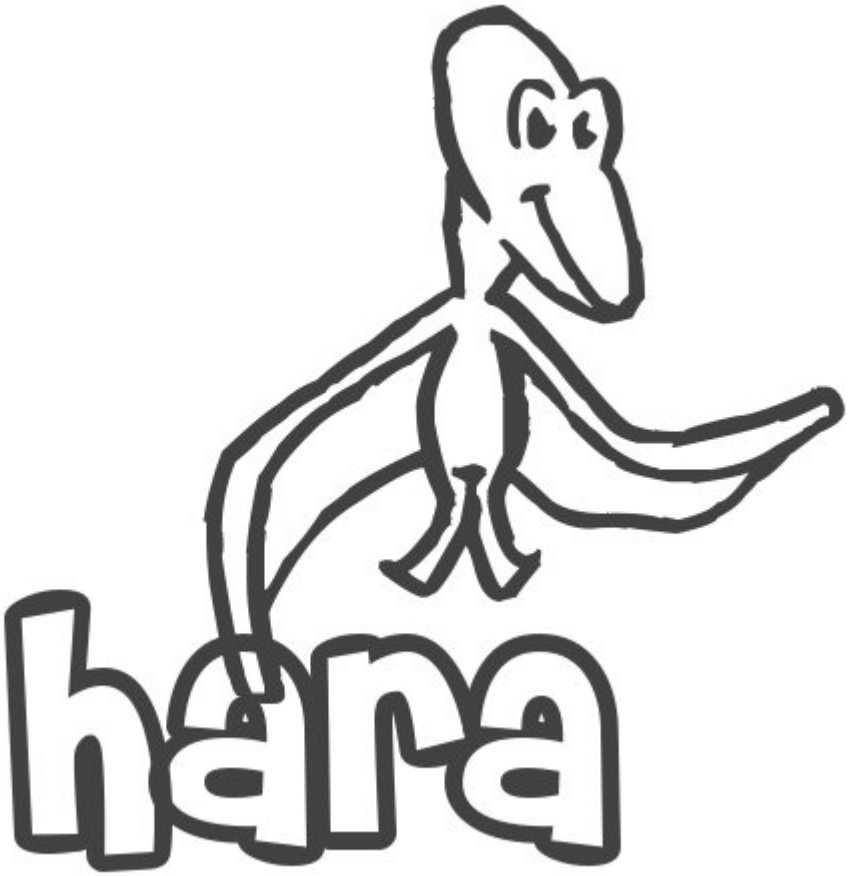
hara