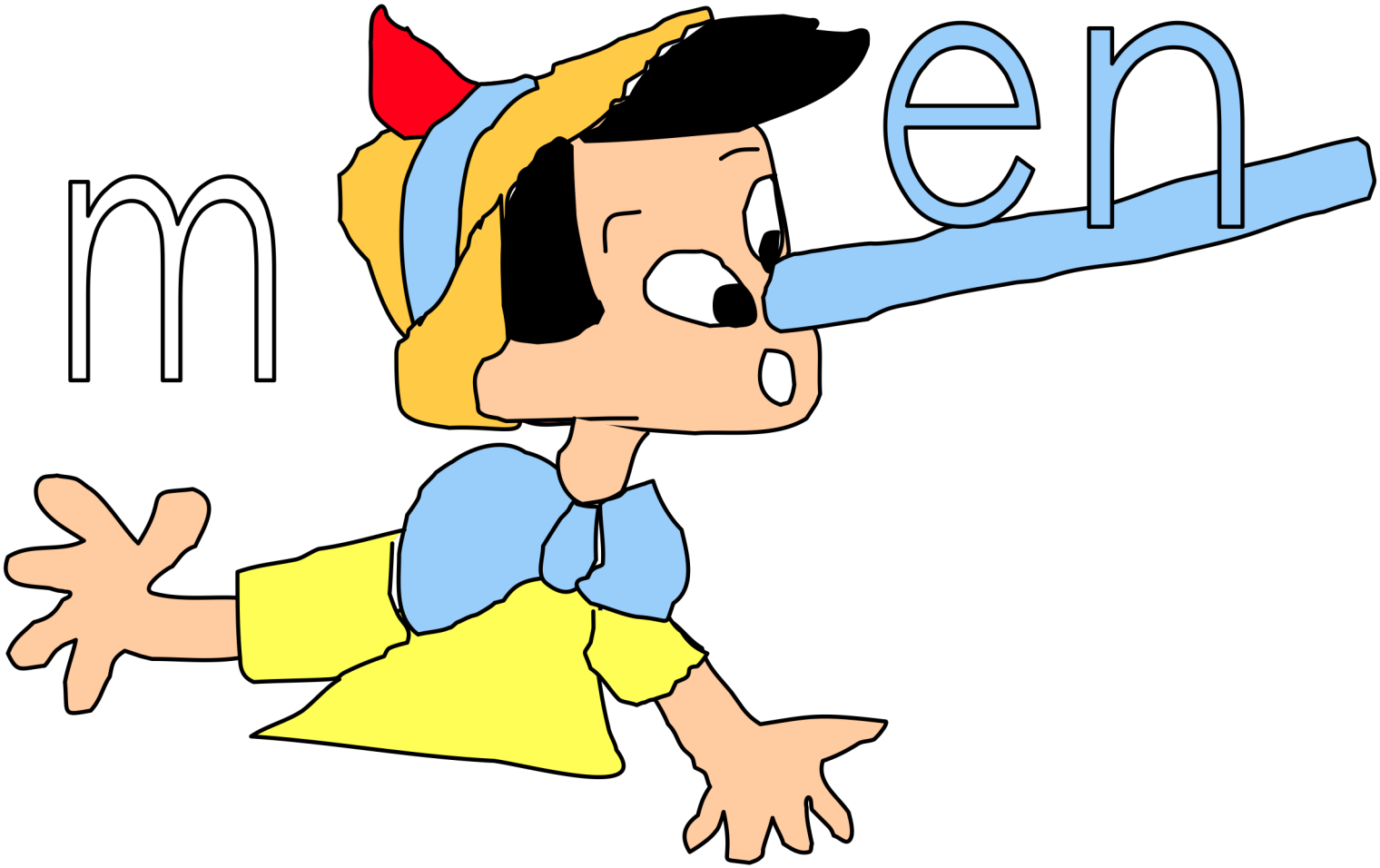
m  en tir