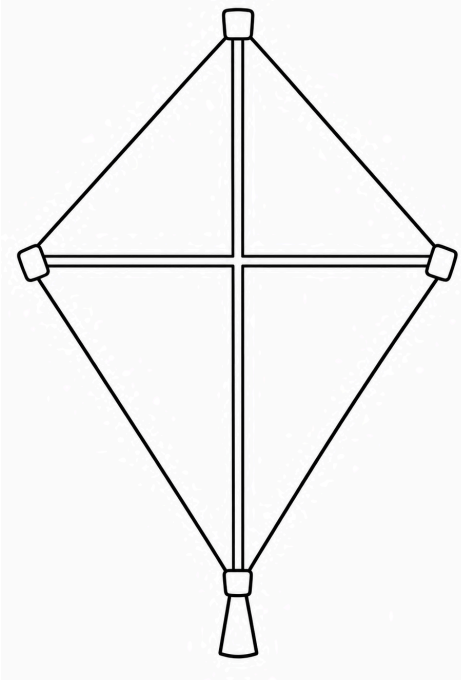
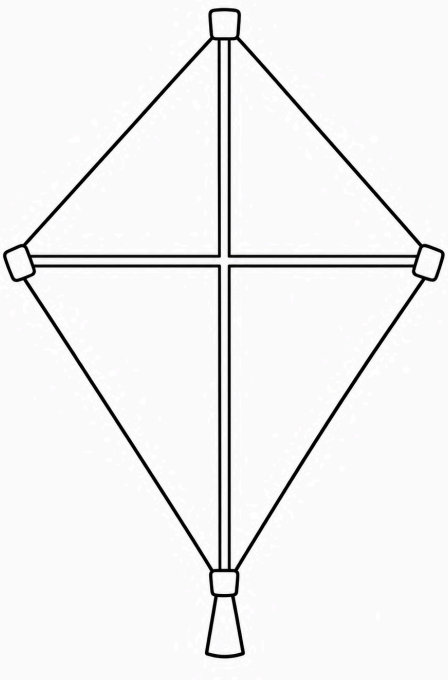
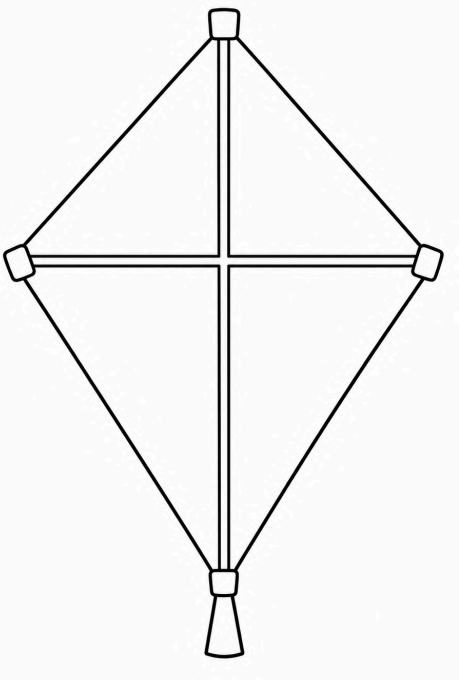
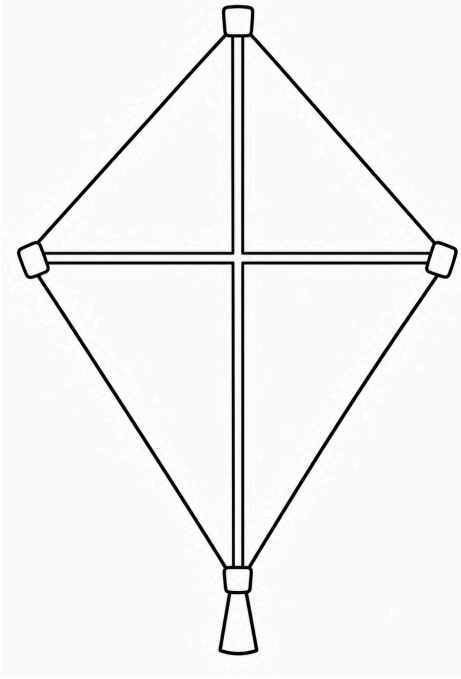
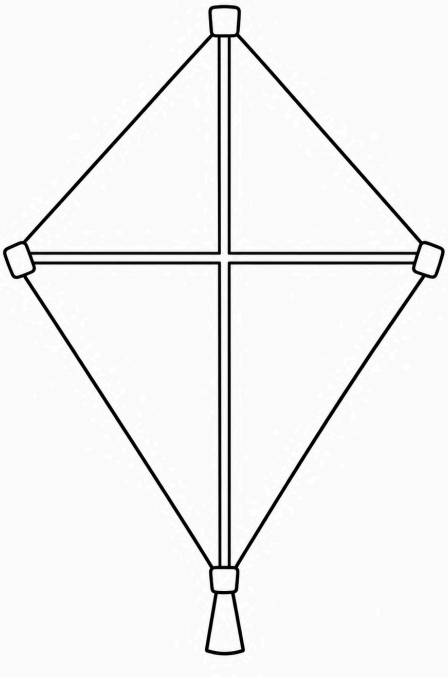
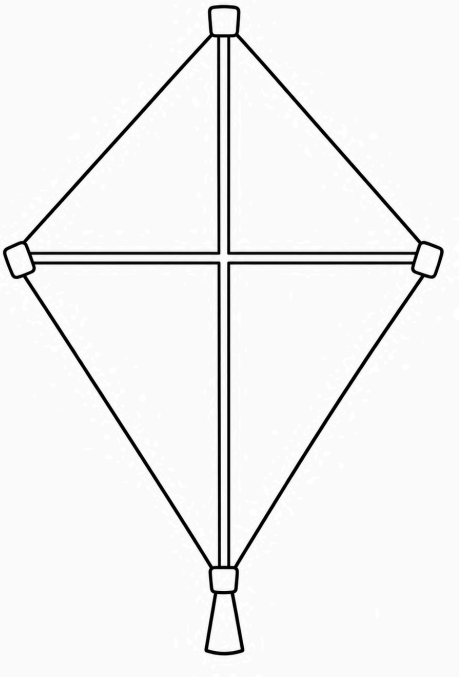
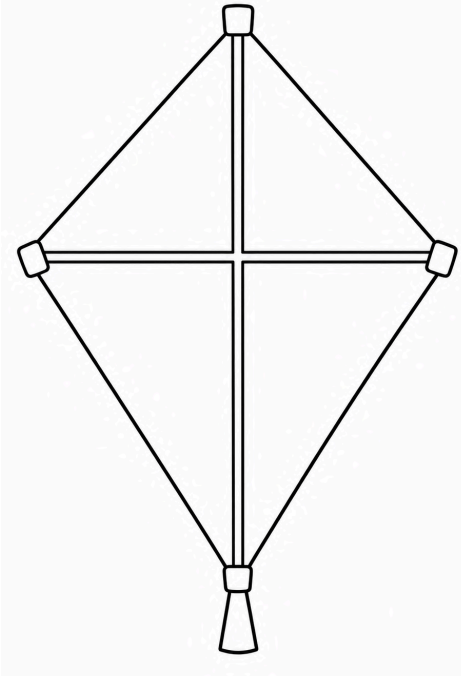
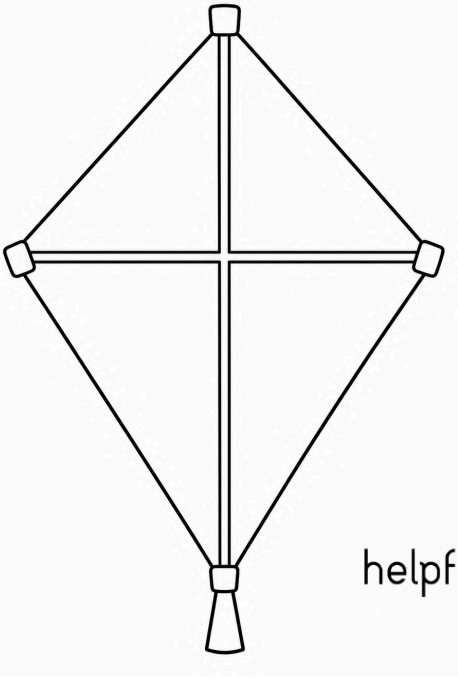
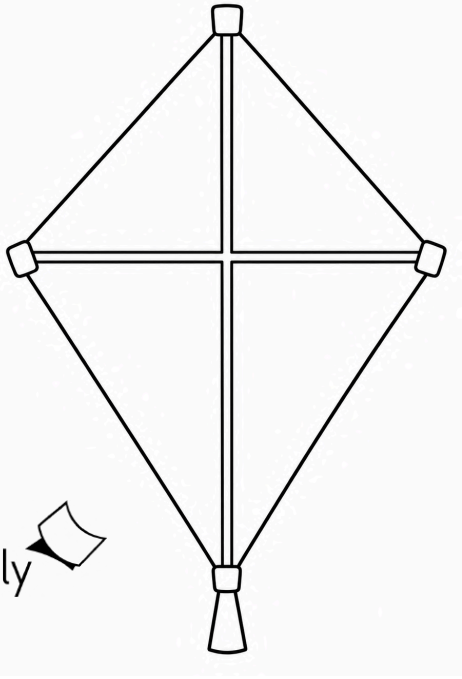
helpfully