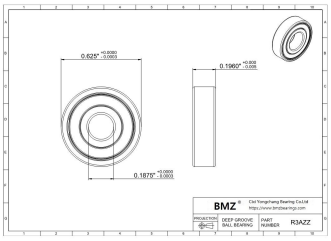R3A