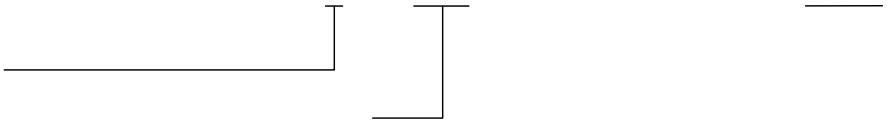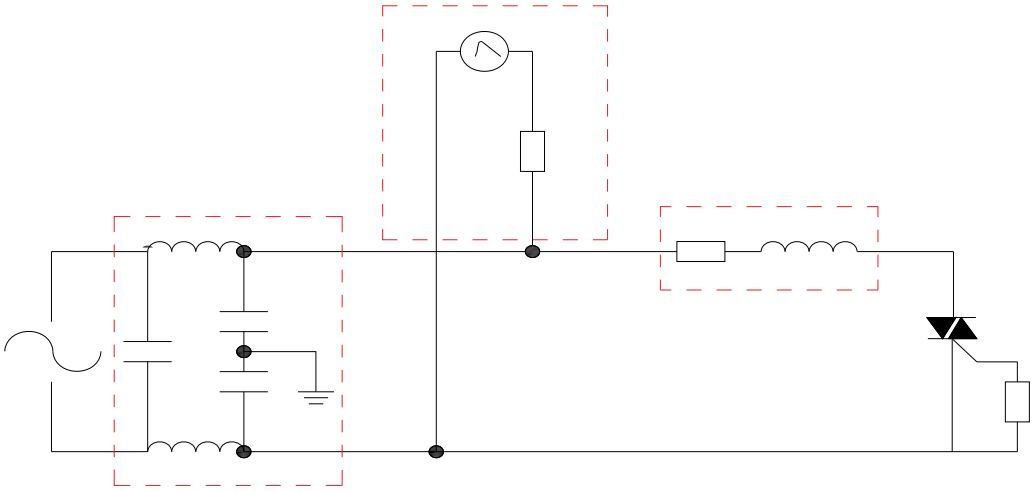≤