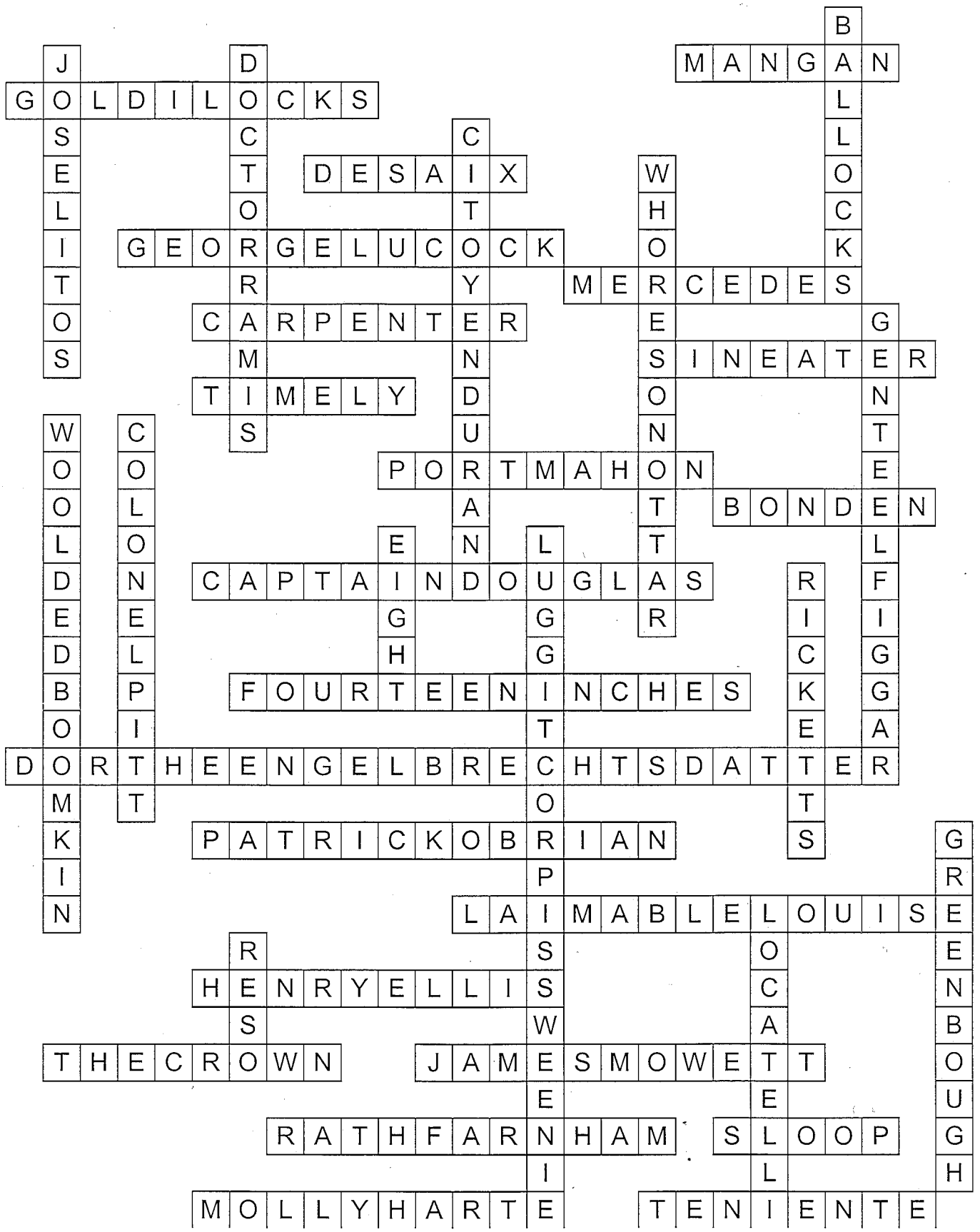M&C