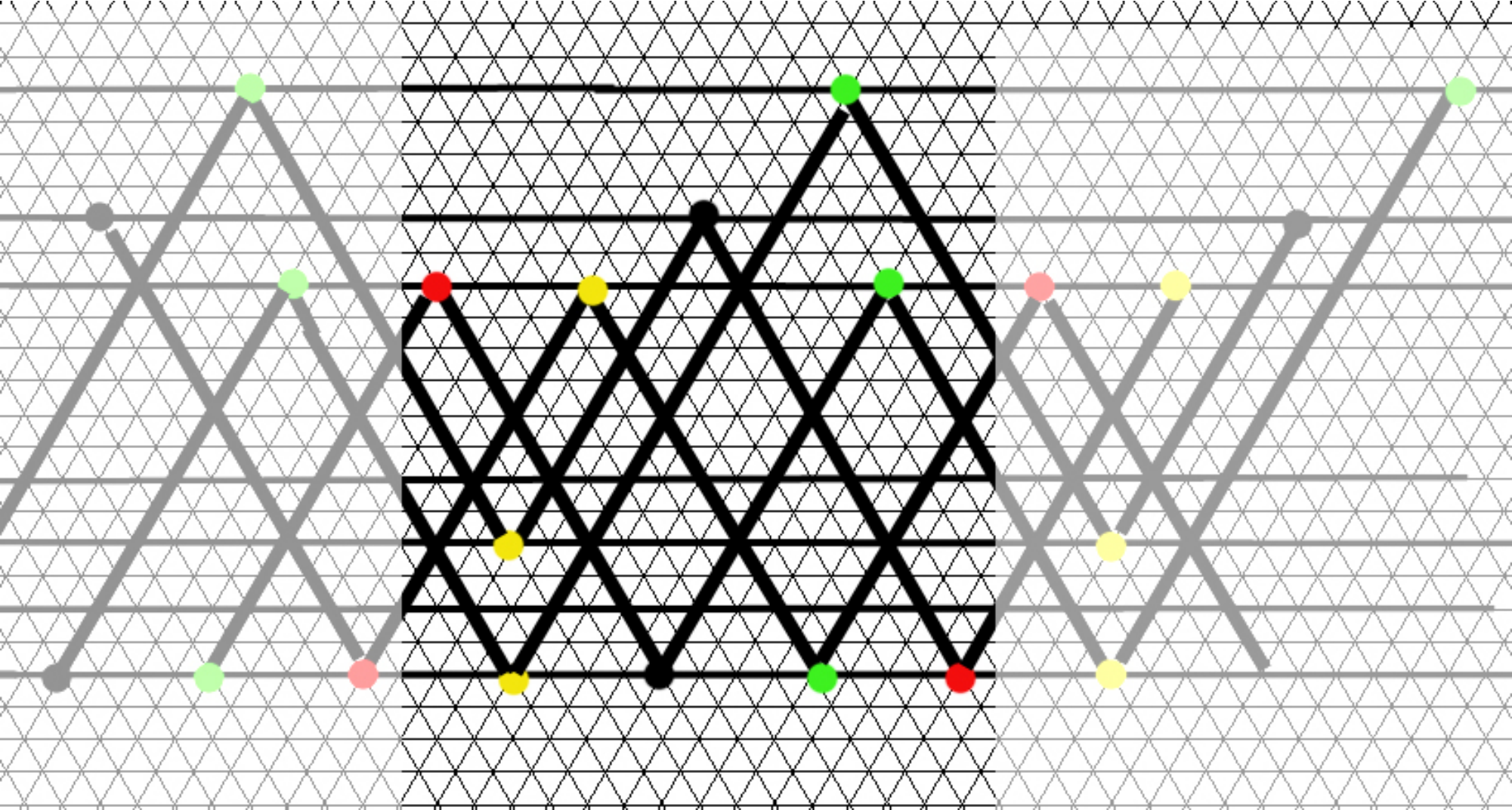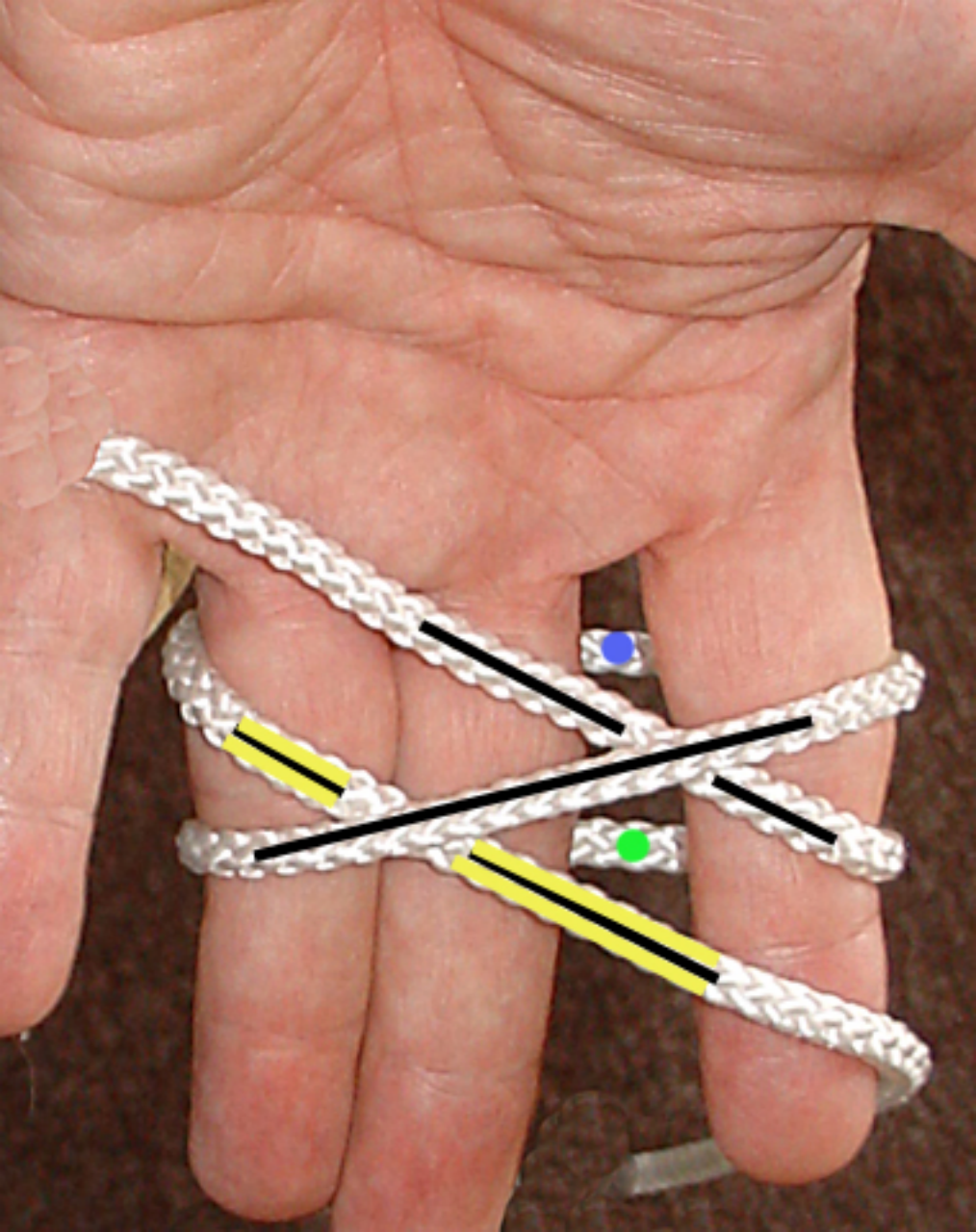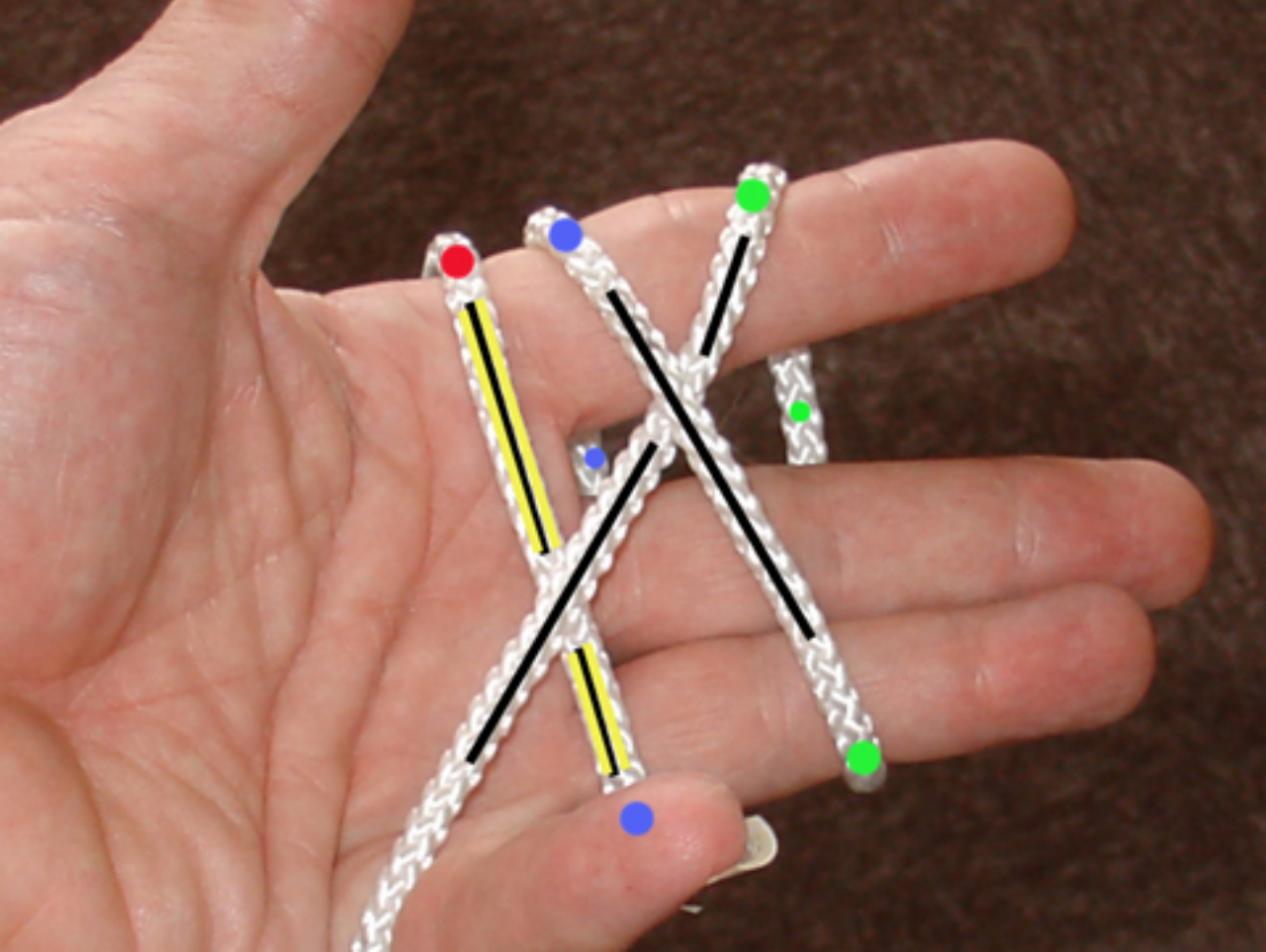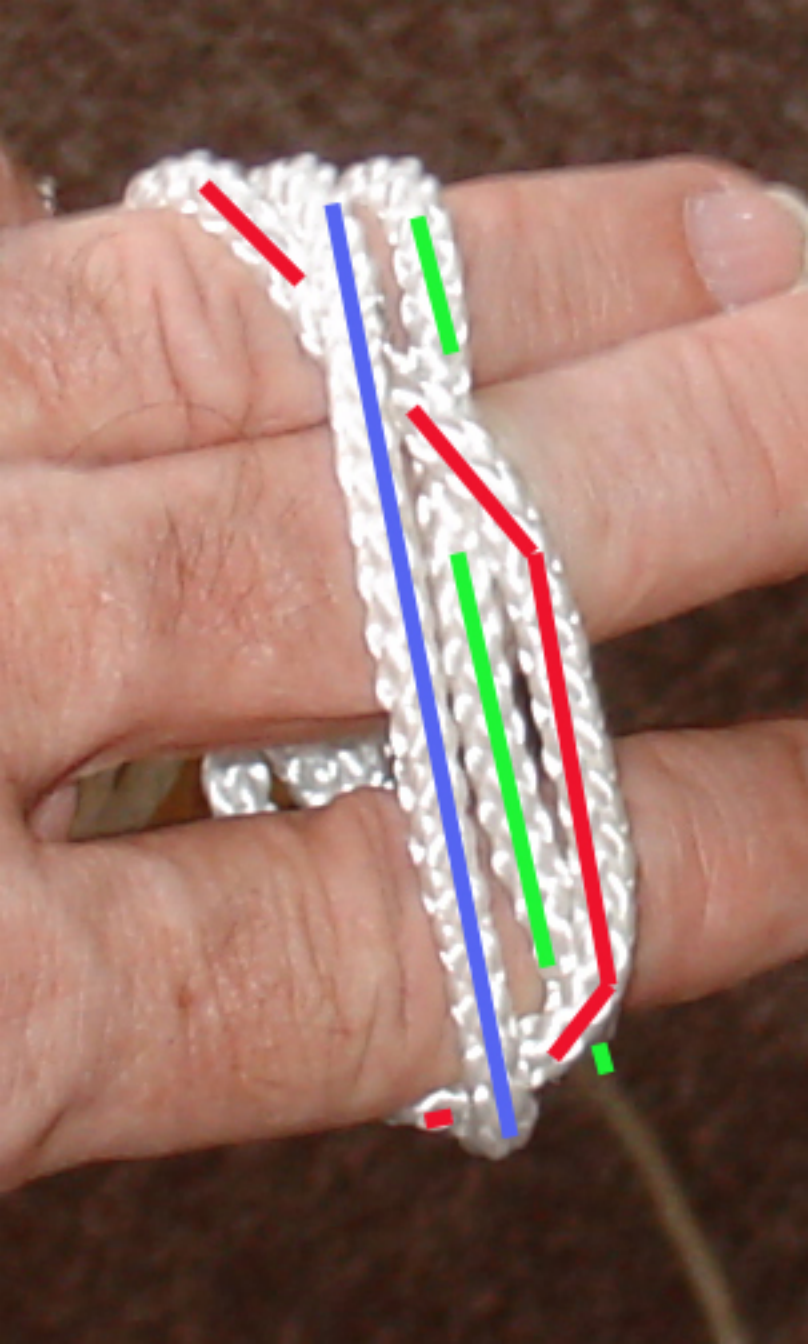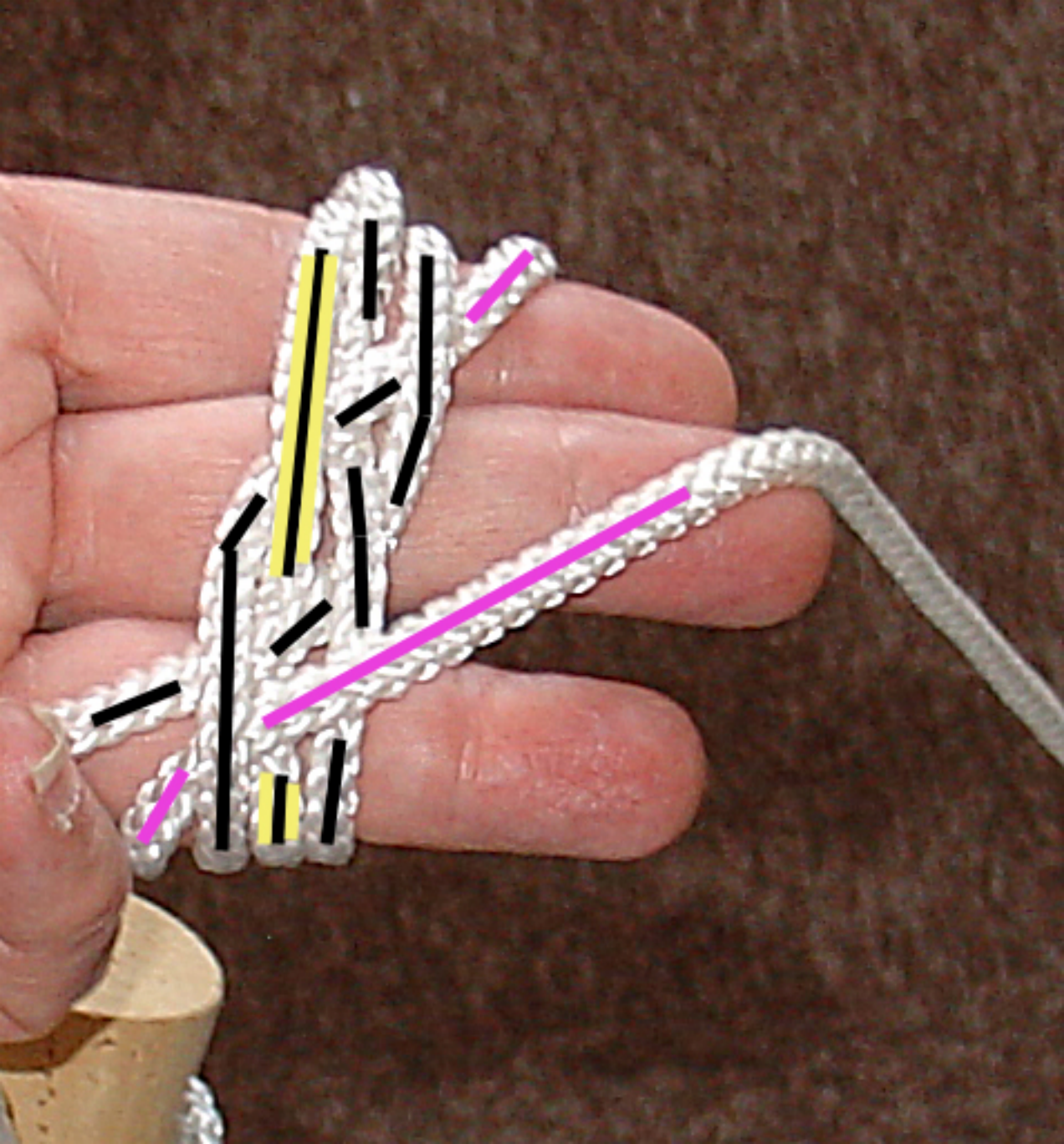4L 4B