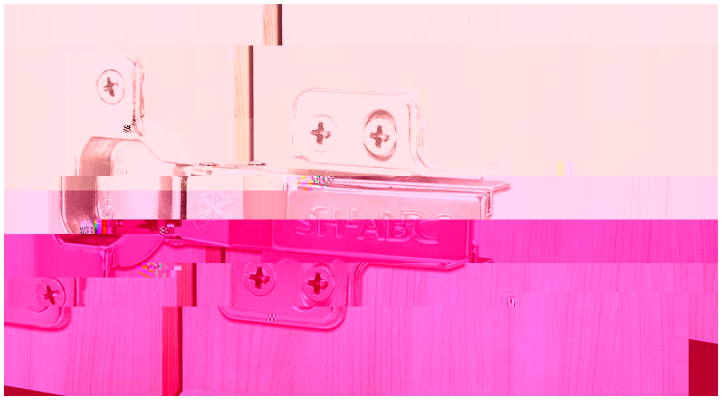

H=−4+