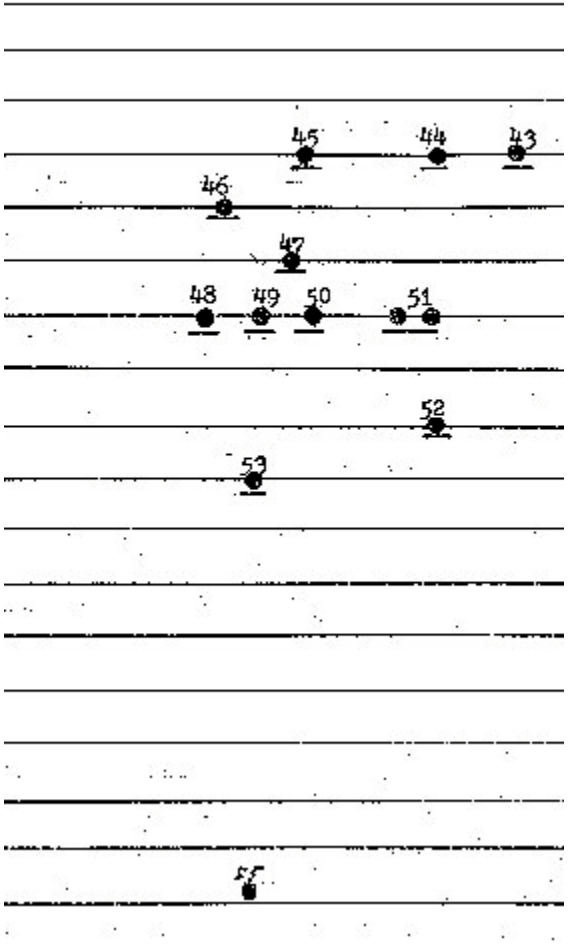Block M