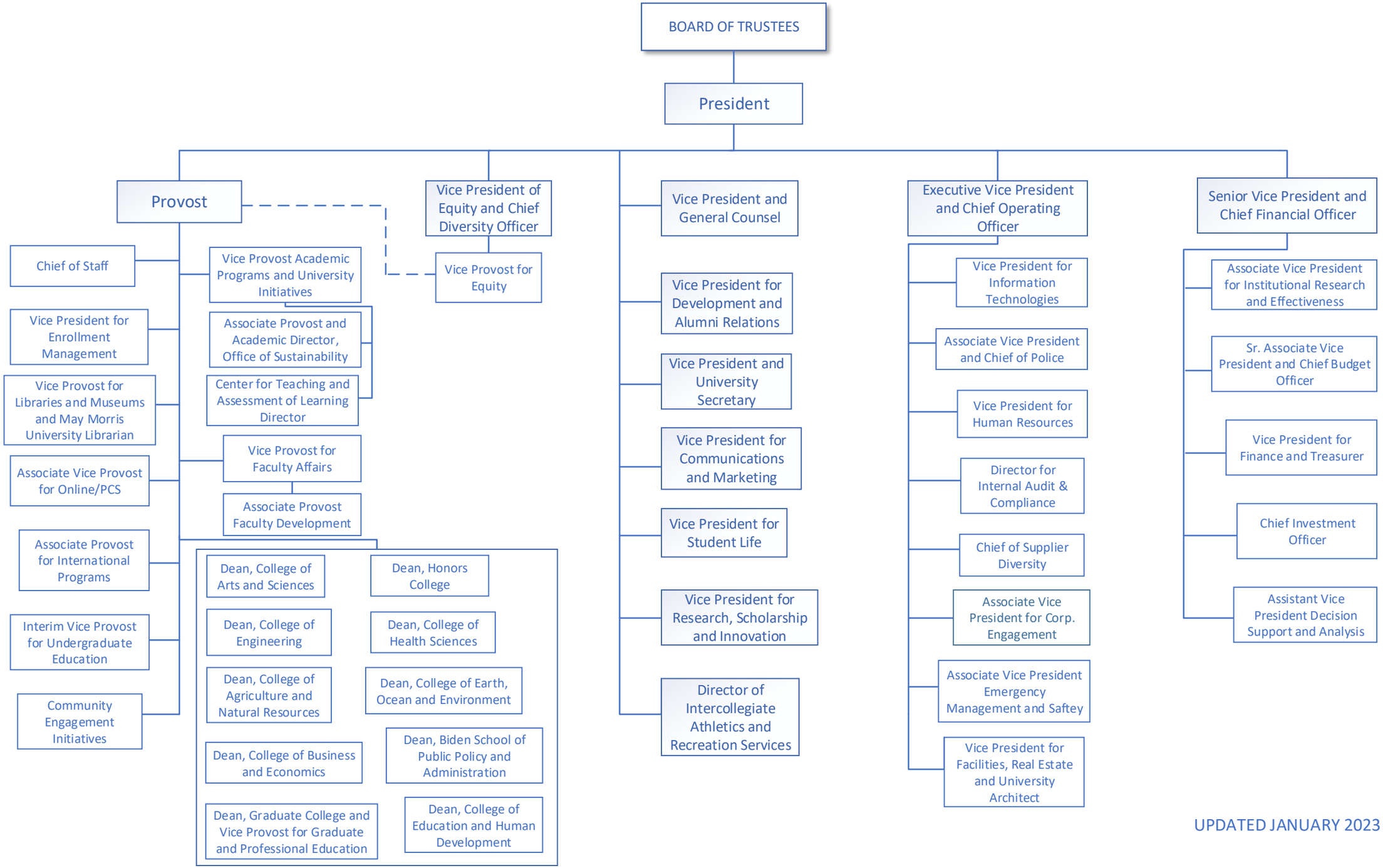

UPDATED JANUARY 2023