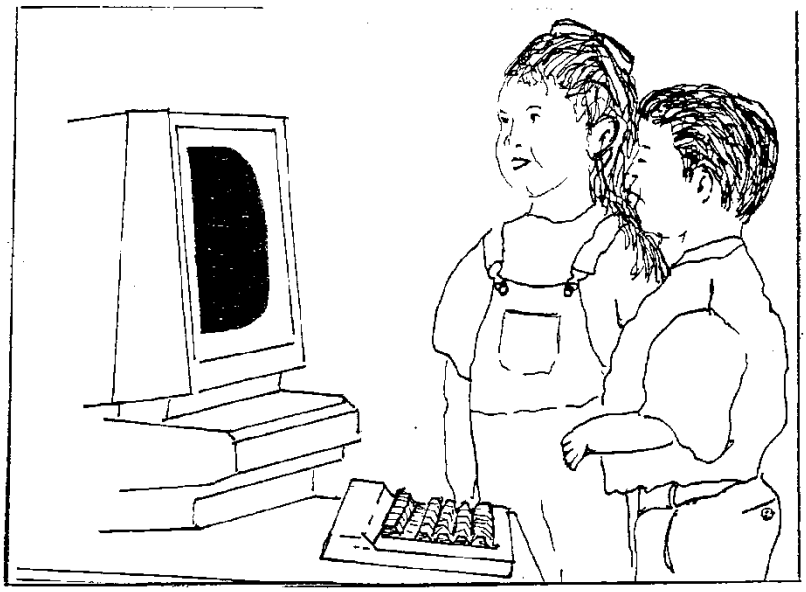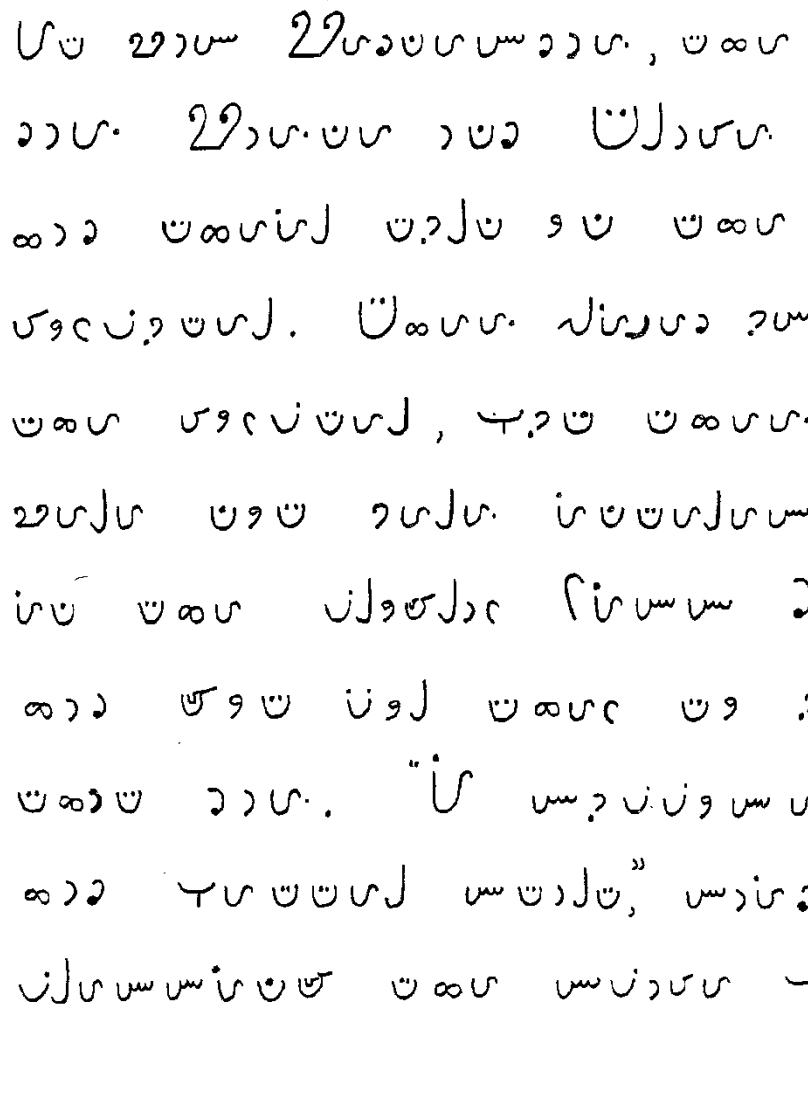HO 1a