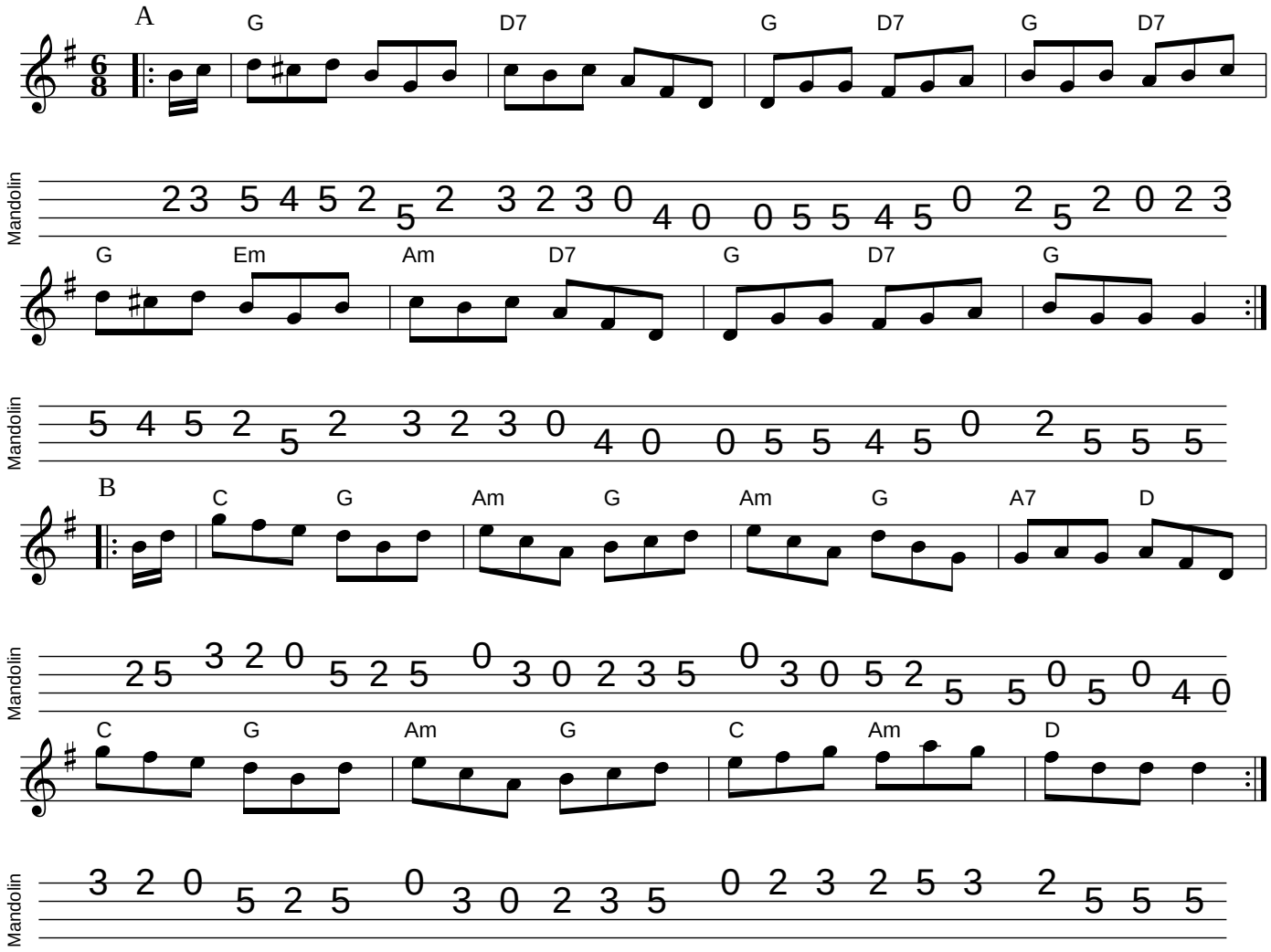
The Self

AABA last time