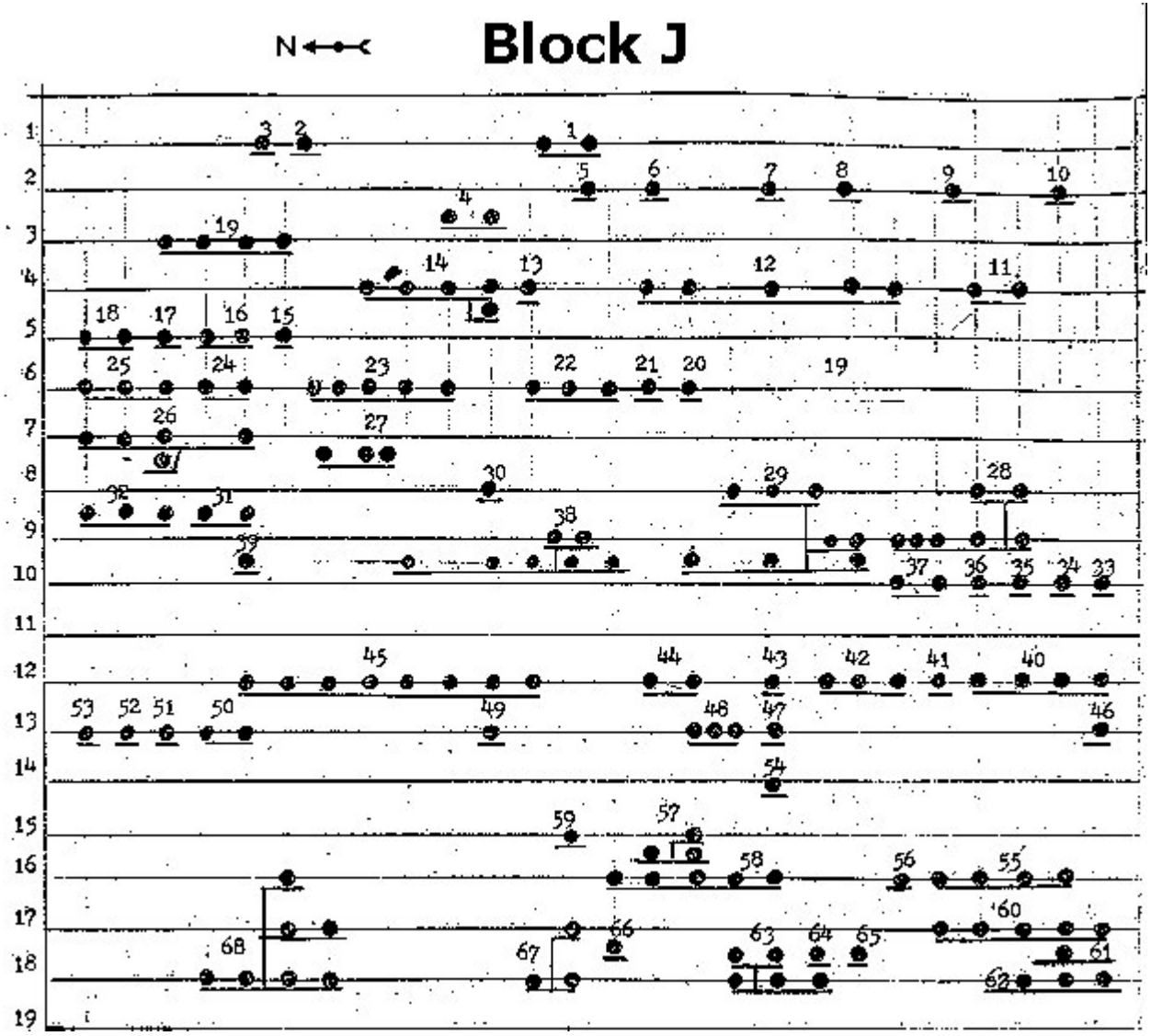Block J