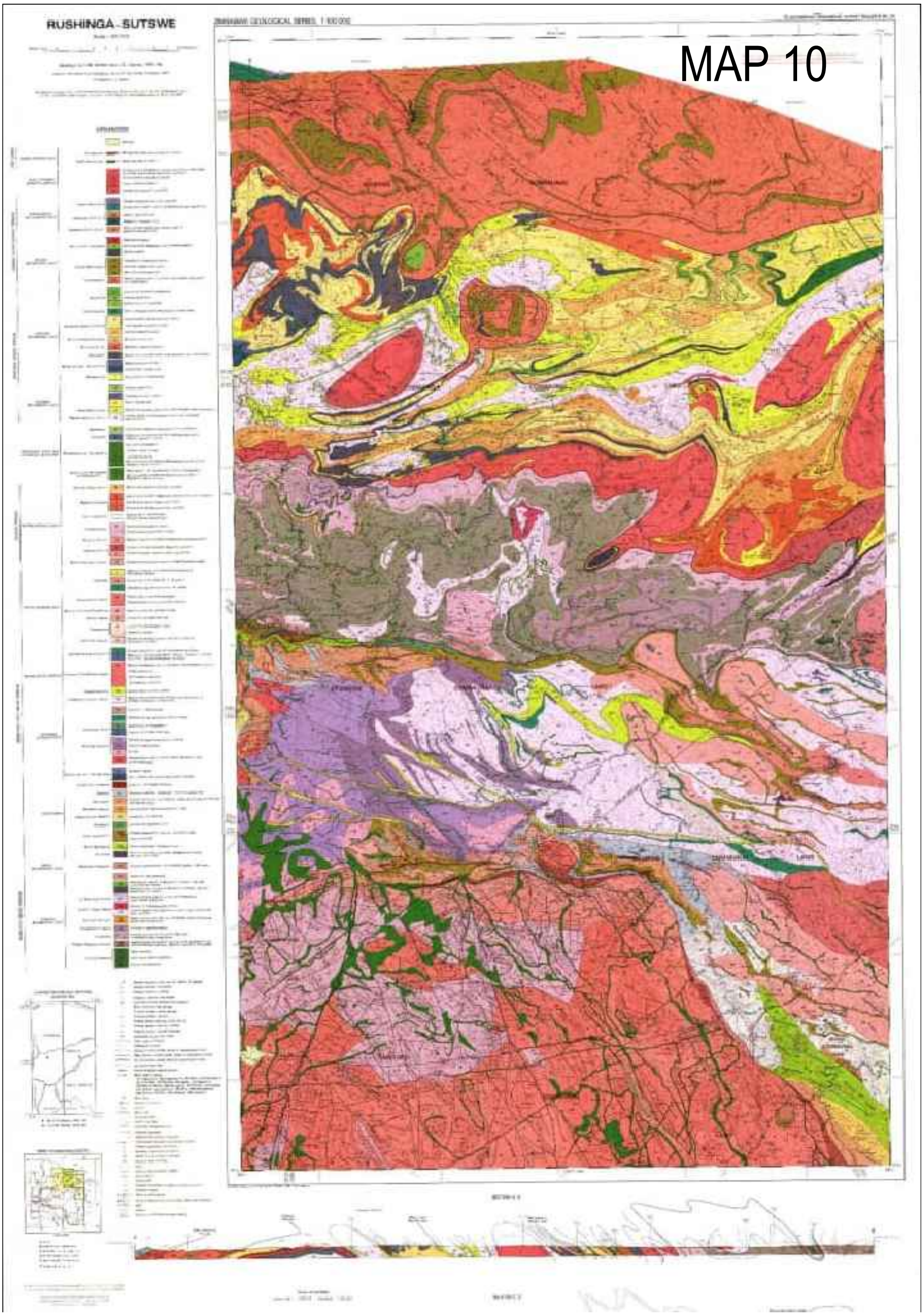MAP 10