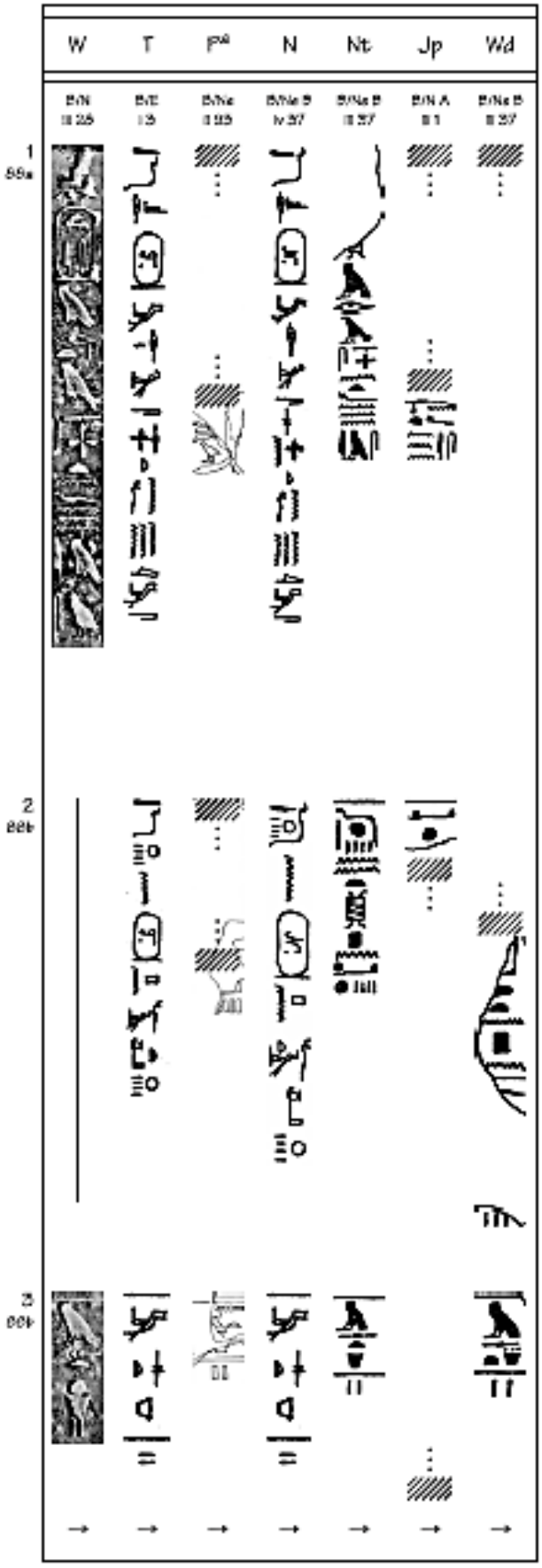PT 144