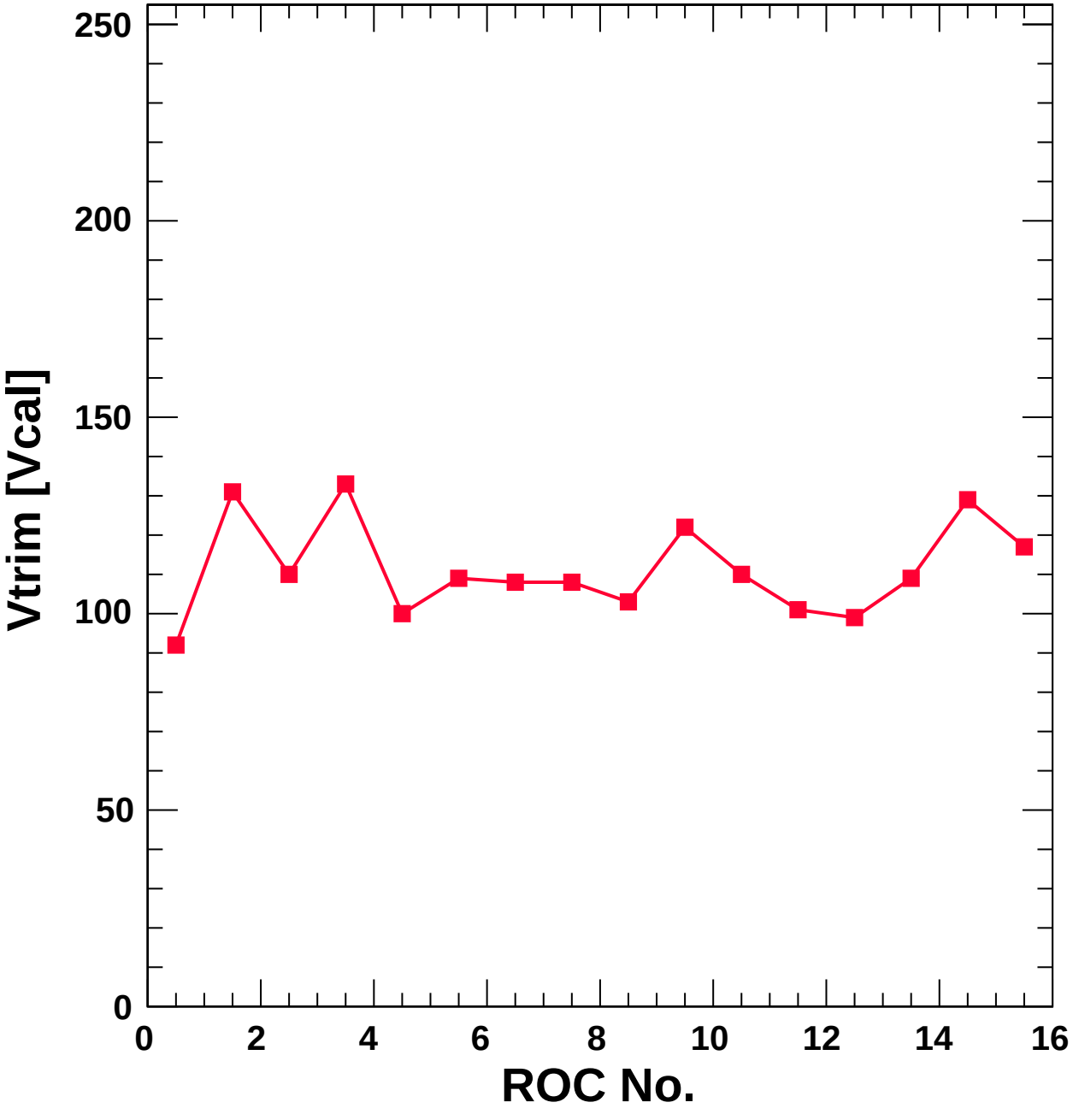Vtrim