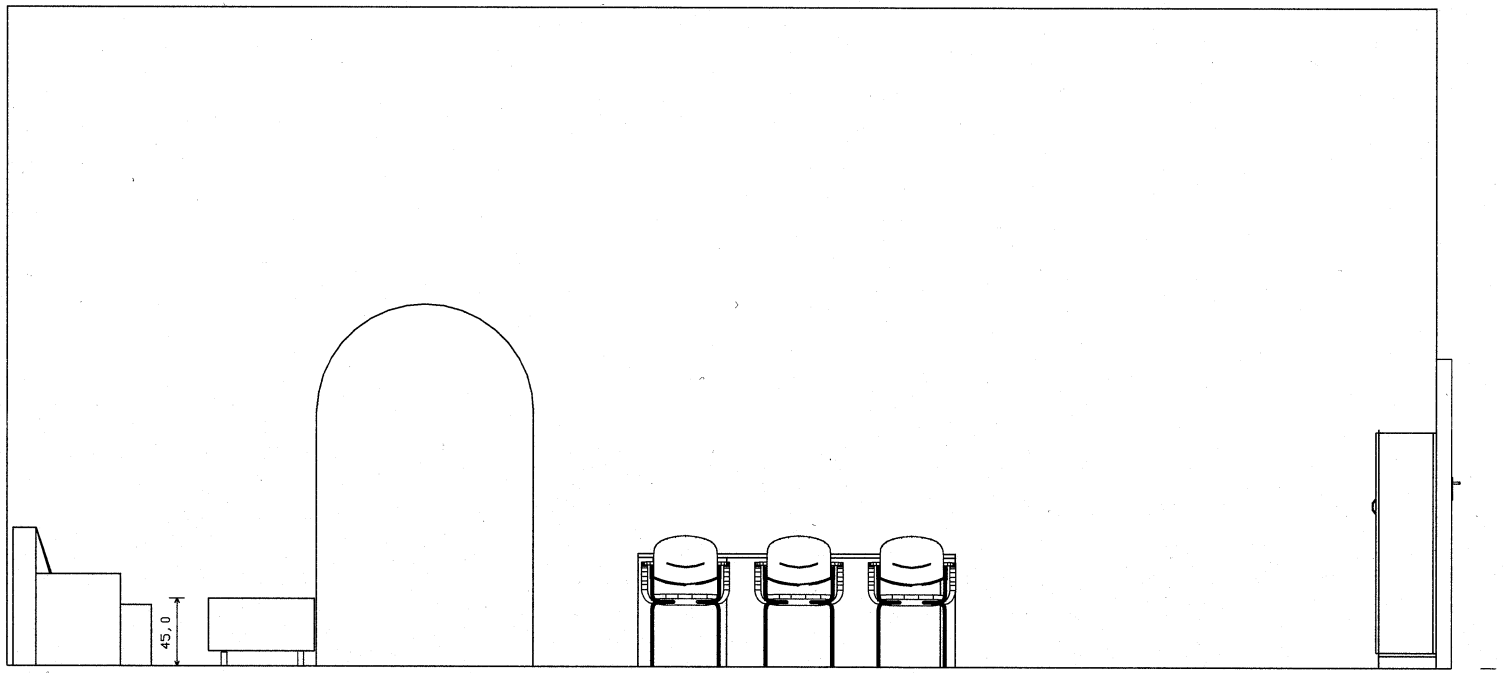POHLED B