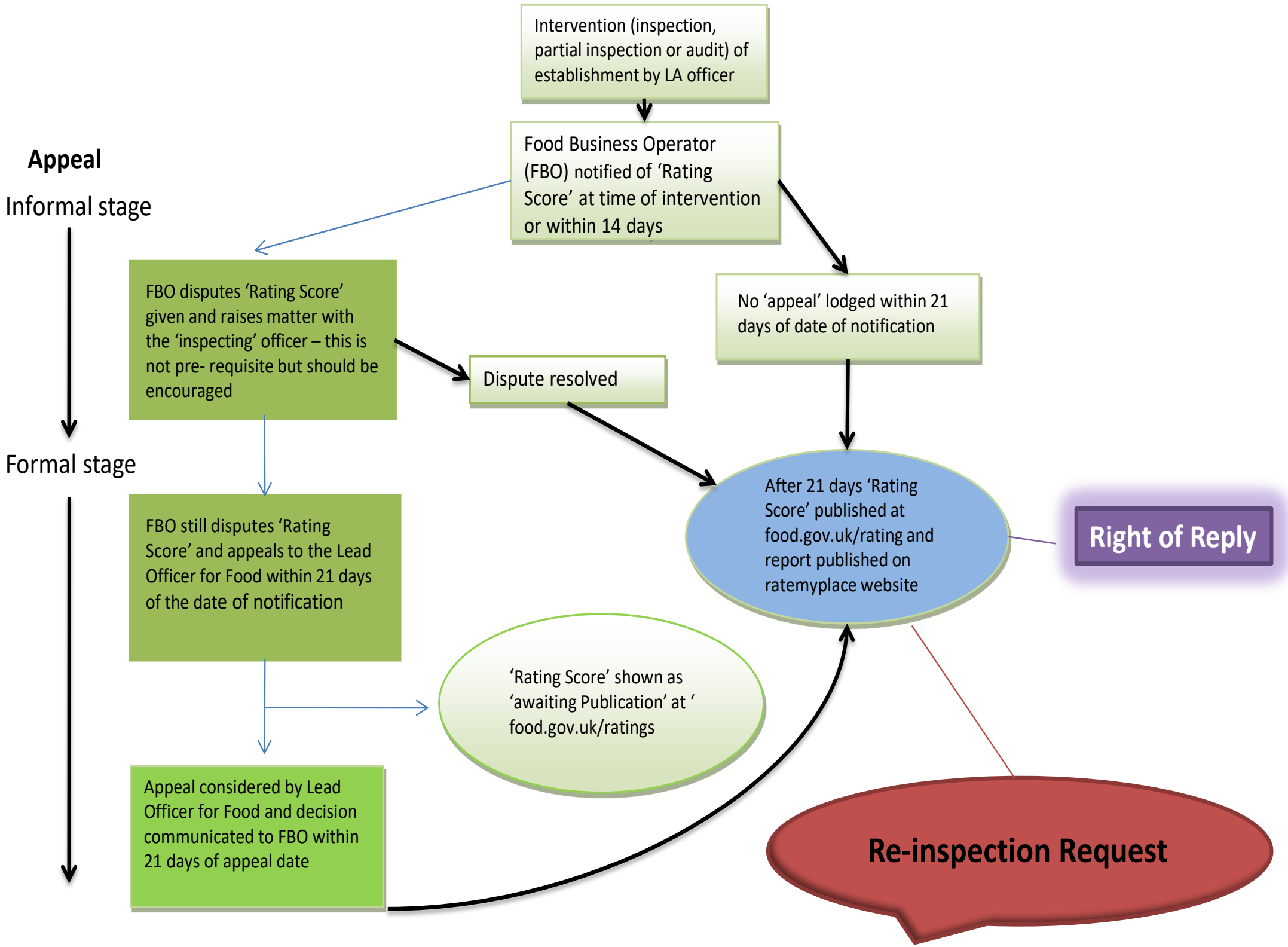What is the Process?