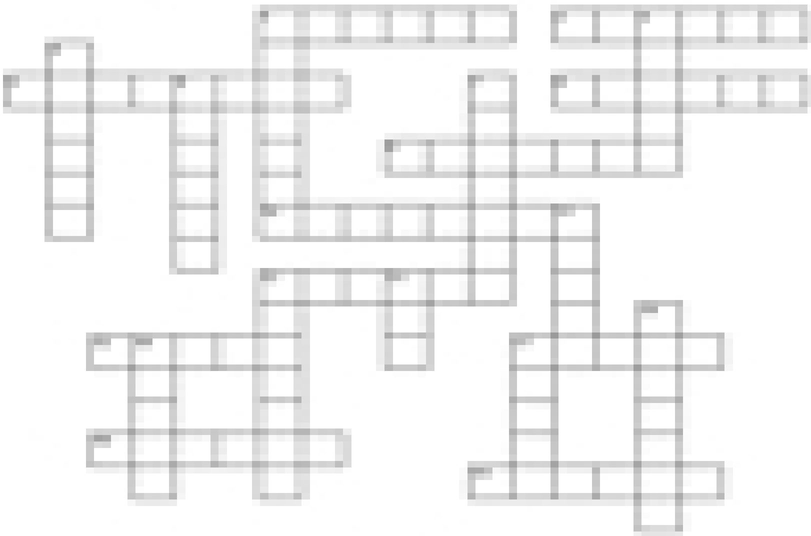Contractions