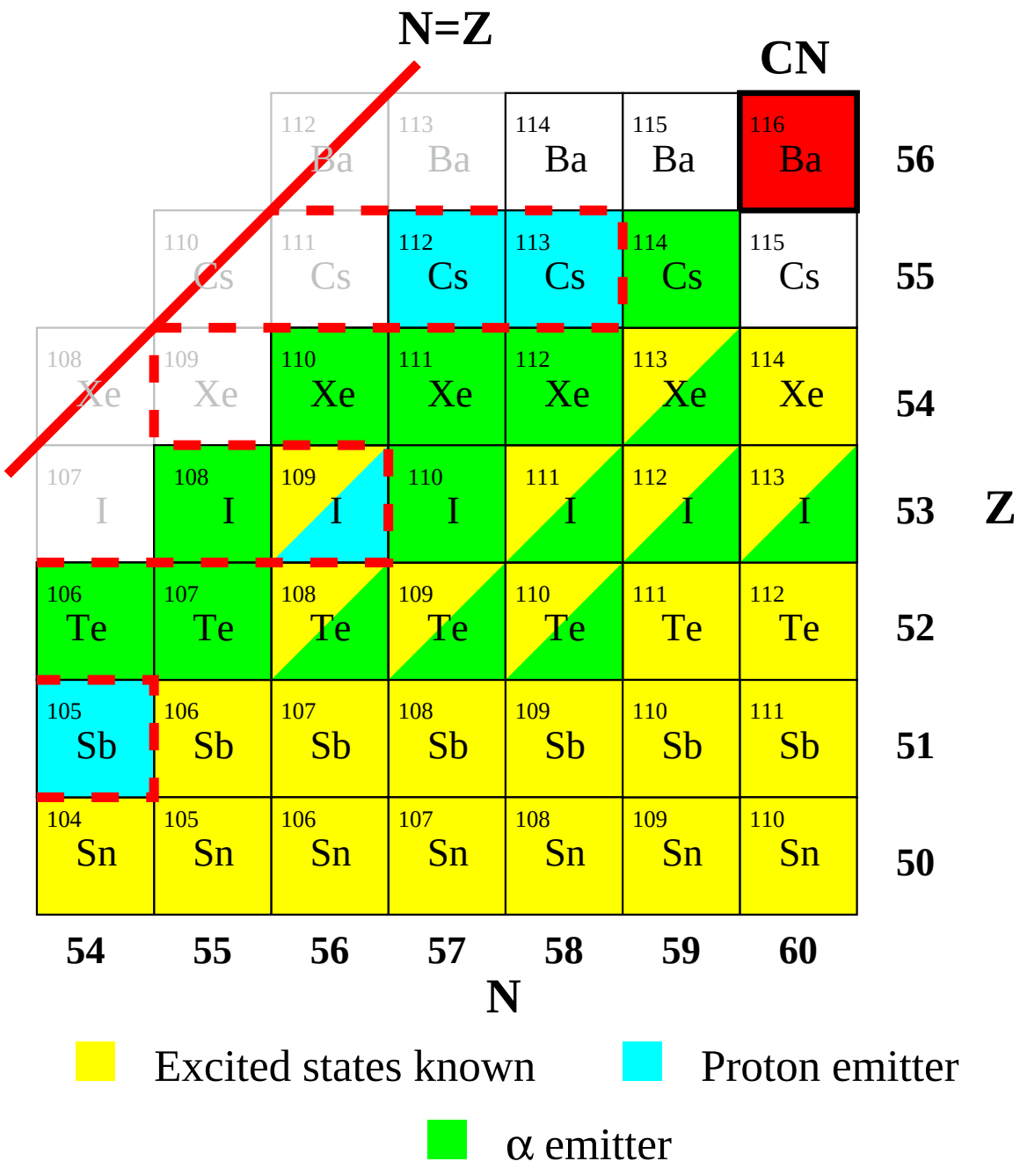The Mass Region