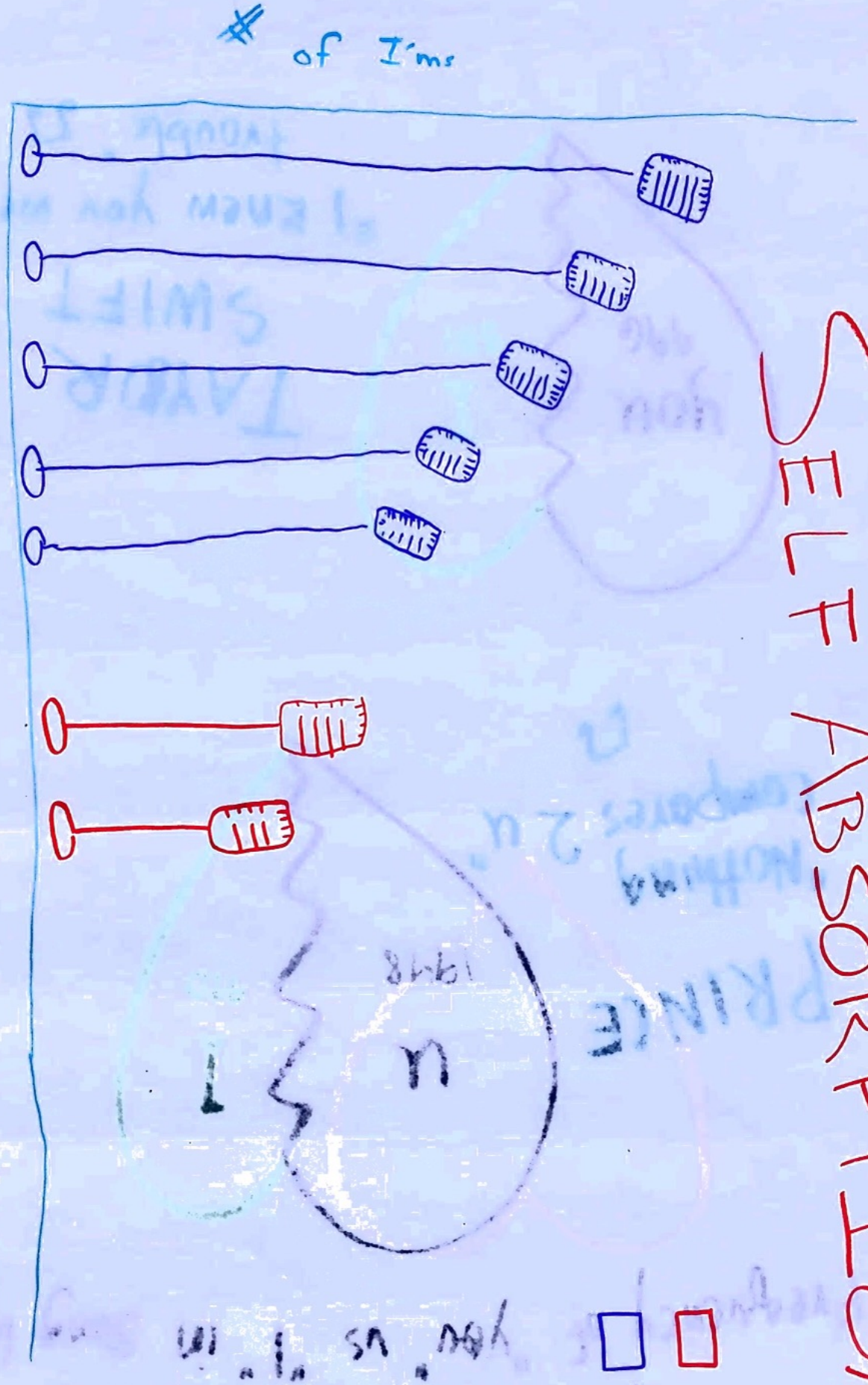SELF ABSORPTION