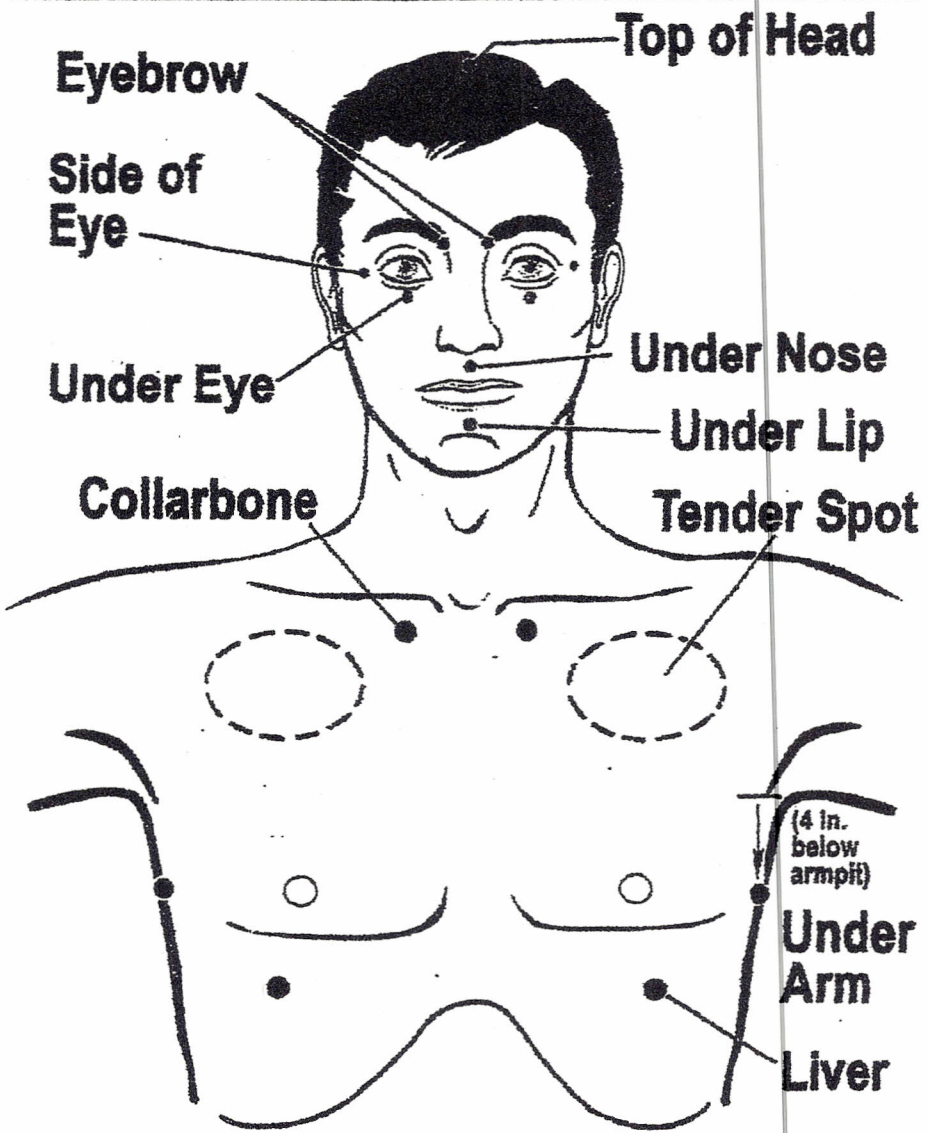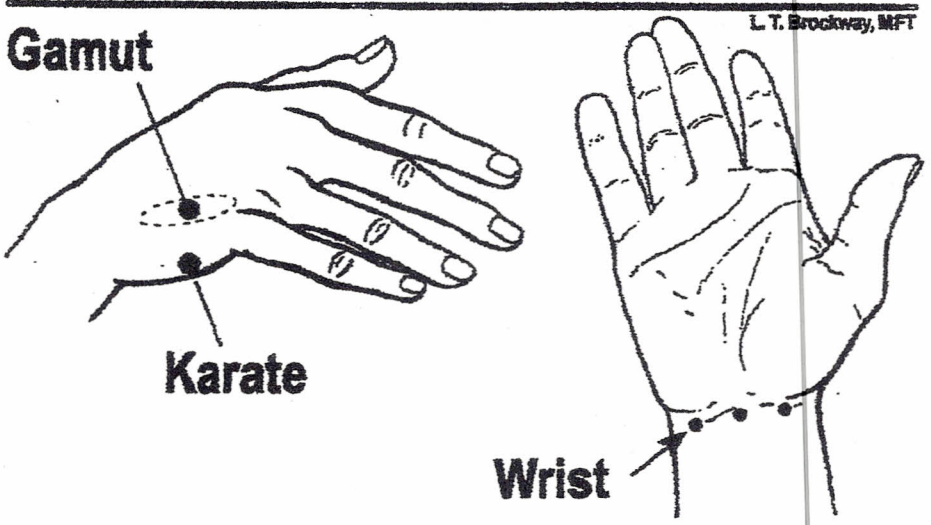ENERGY POINTS