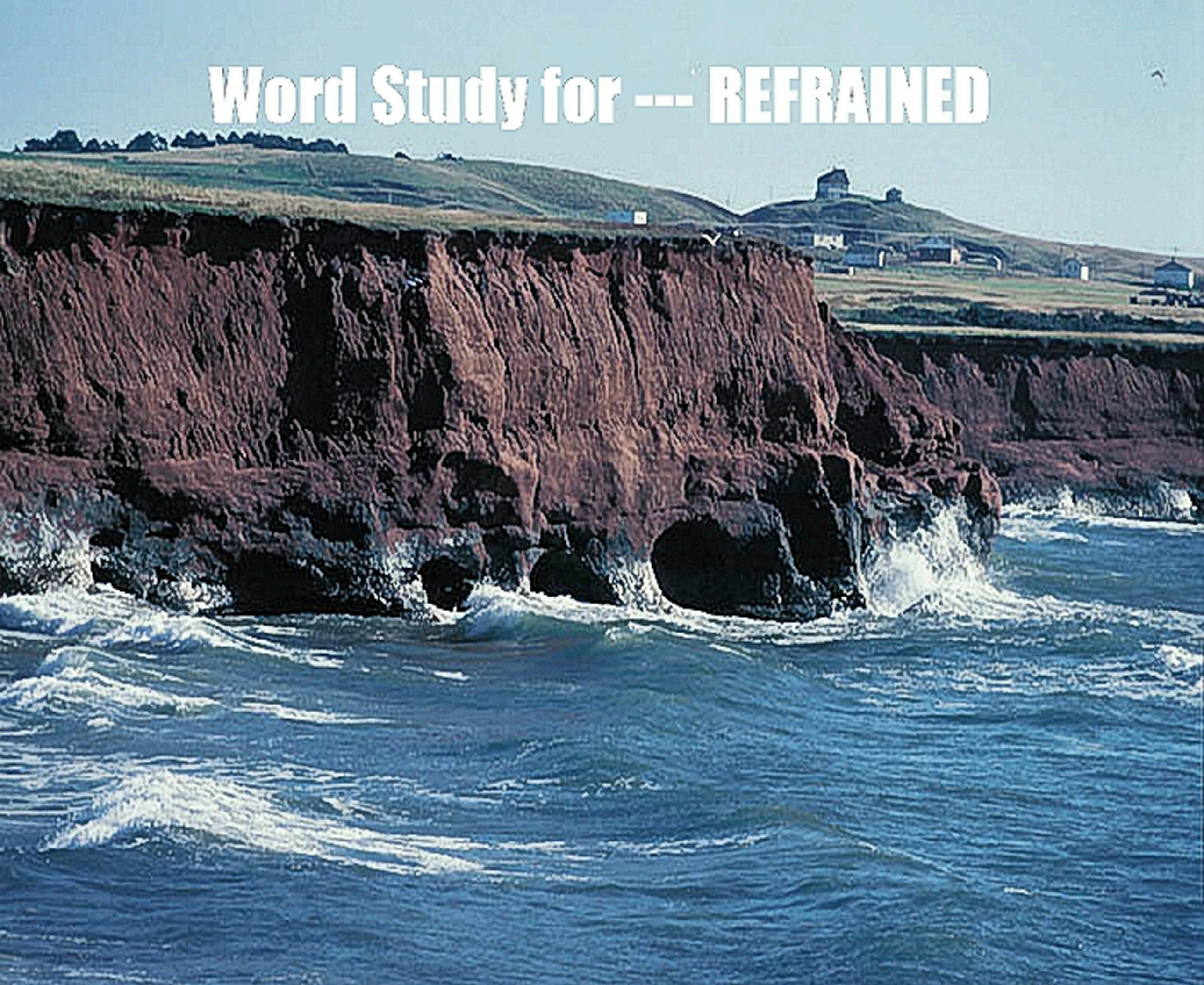Word Study for --- REFRAINED