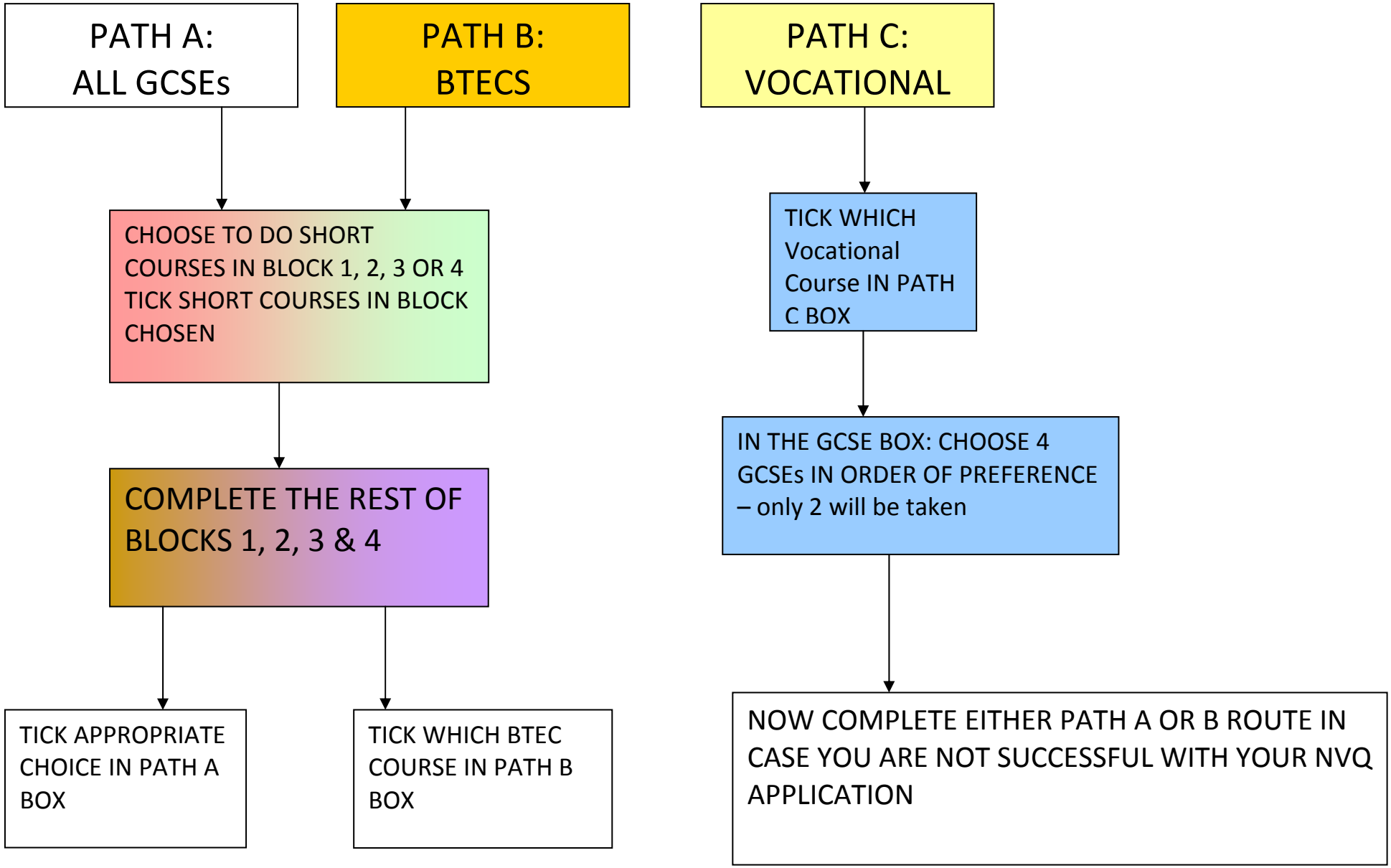How to choose your Options