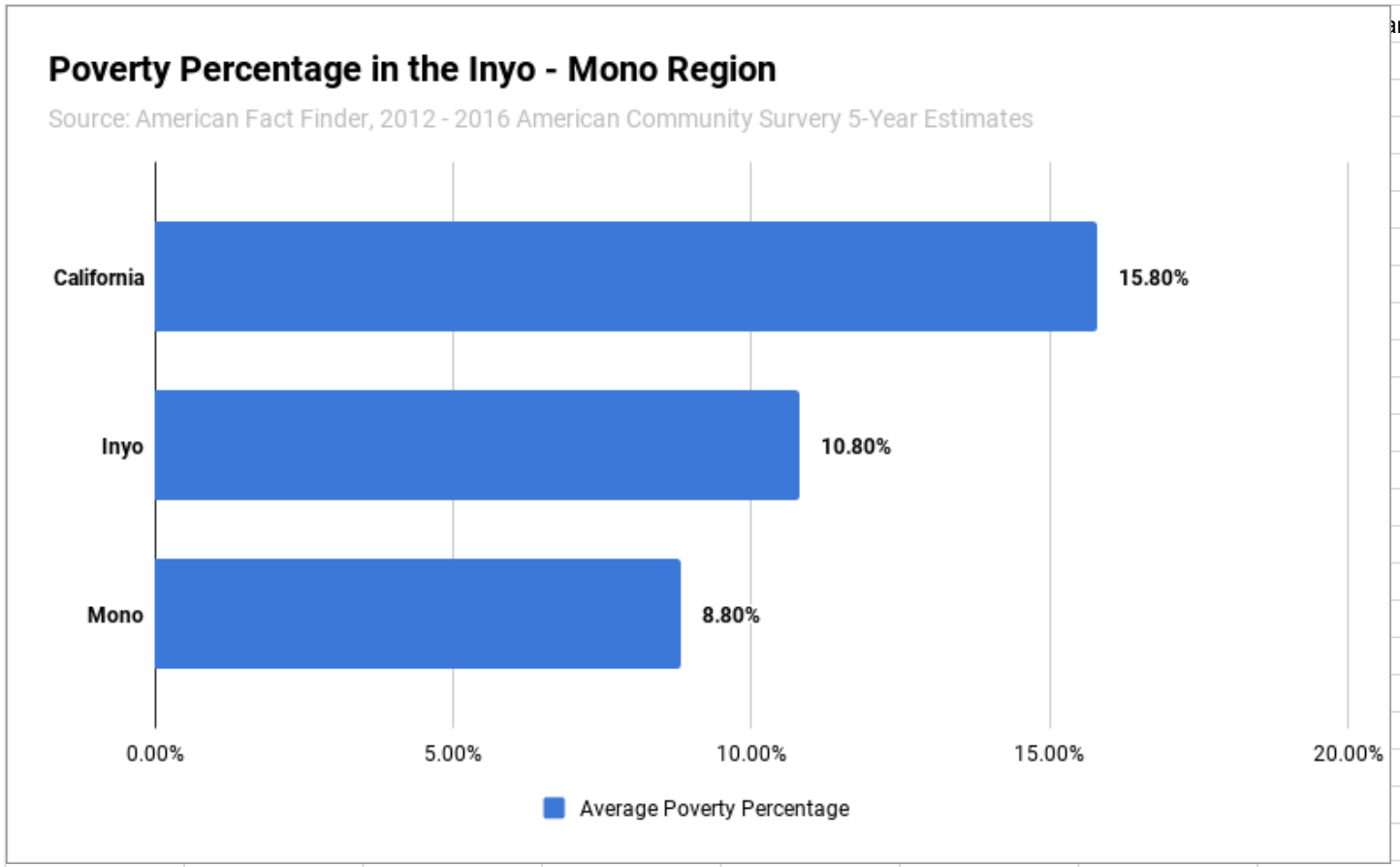ar Population Estimates