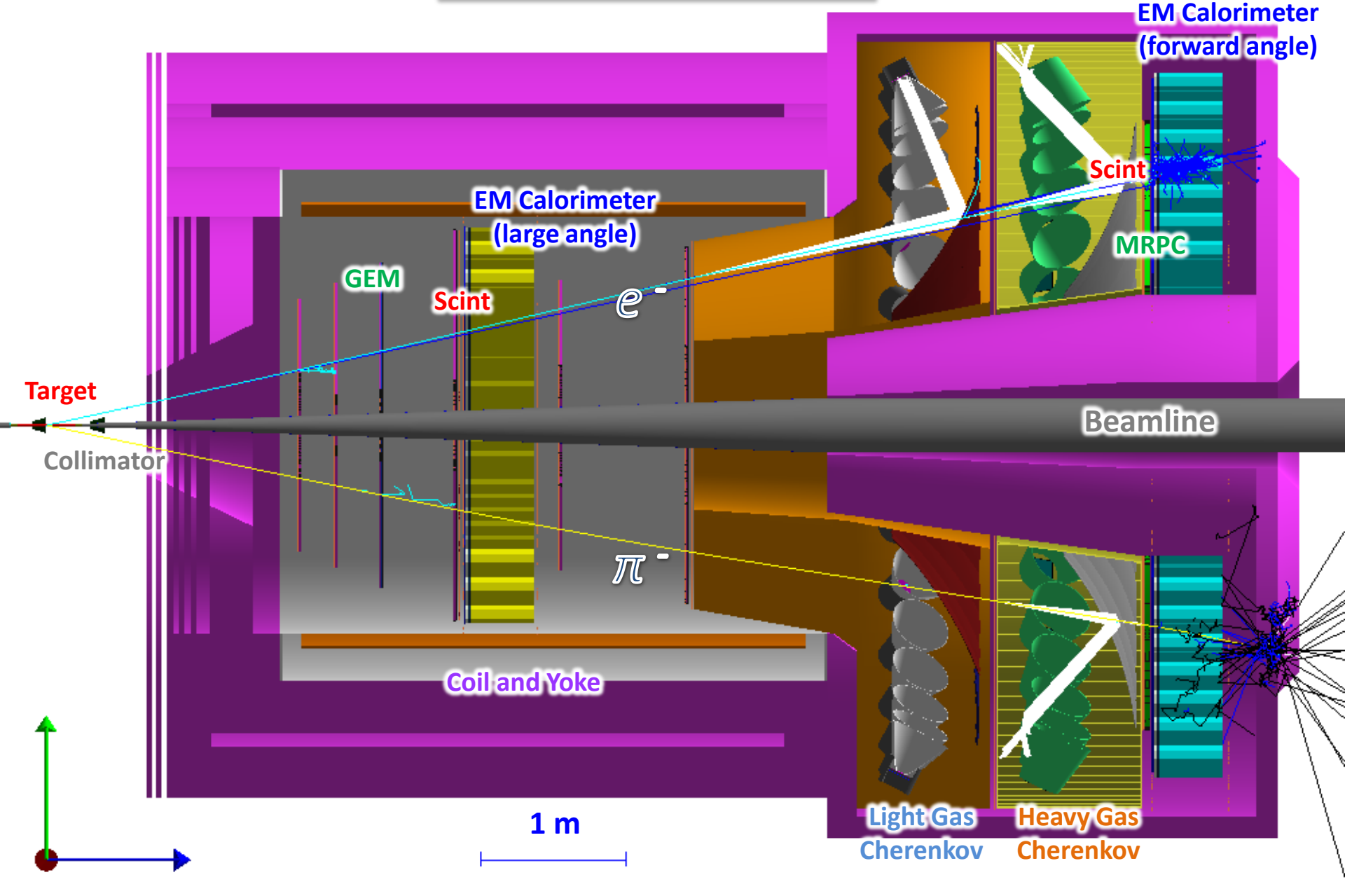SoLID (SIDIS He3)