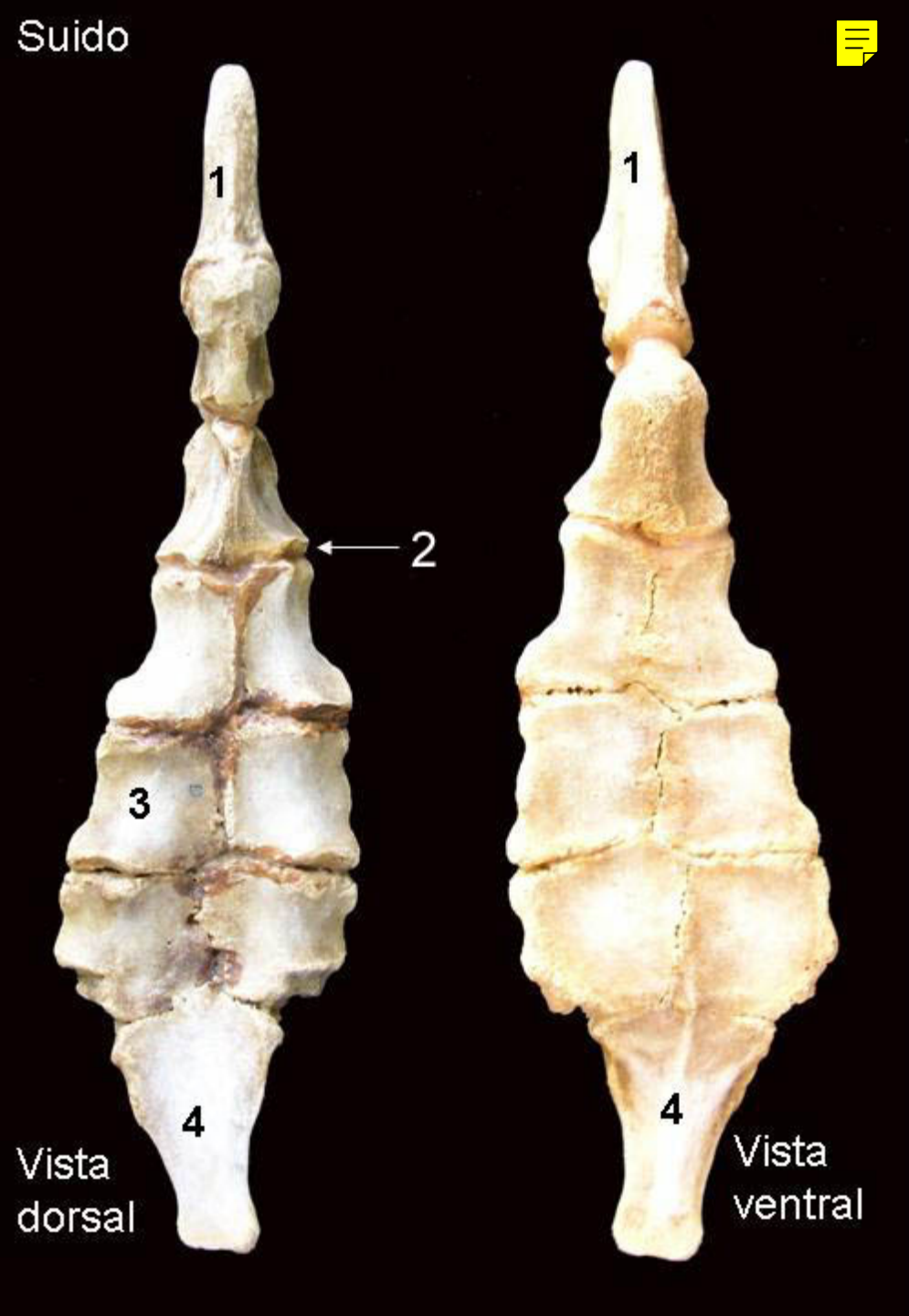Suido