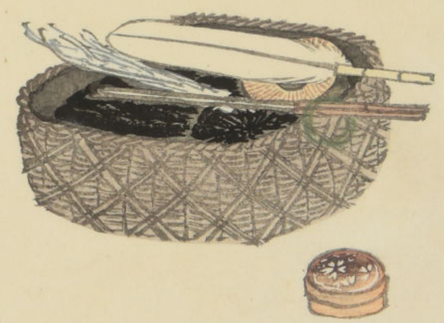長水