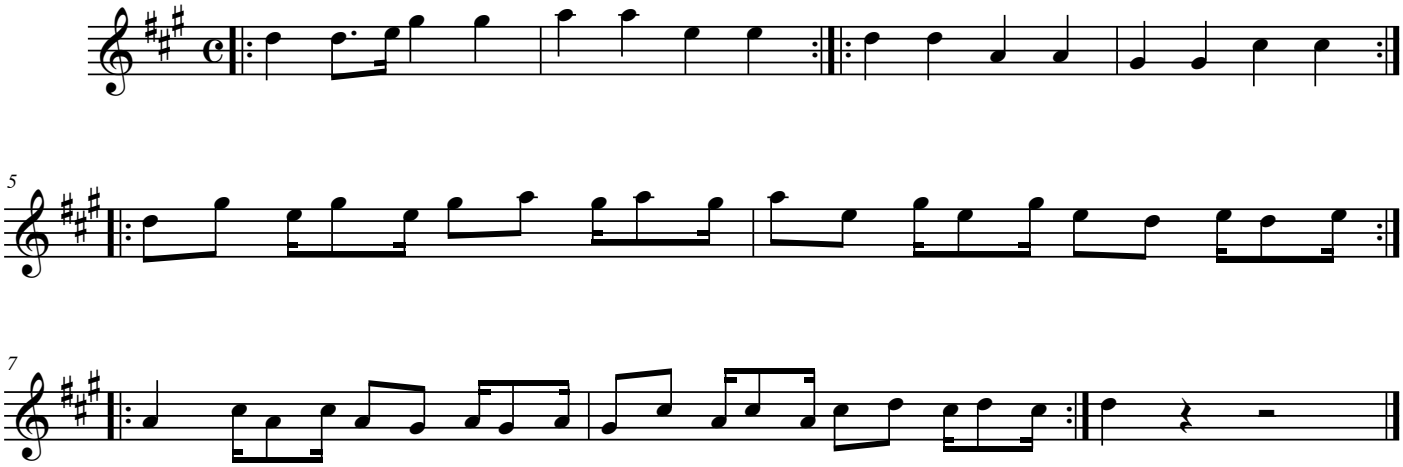Gilak