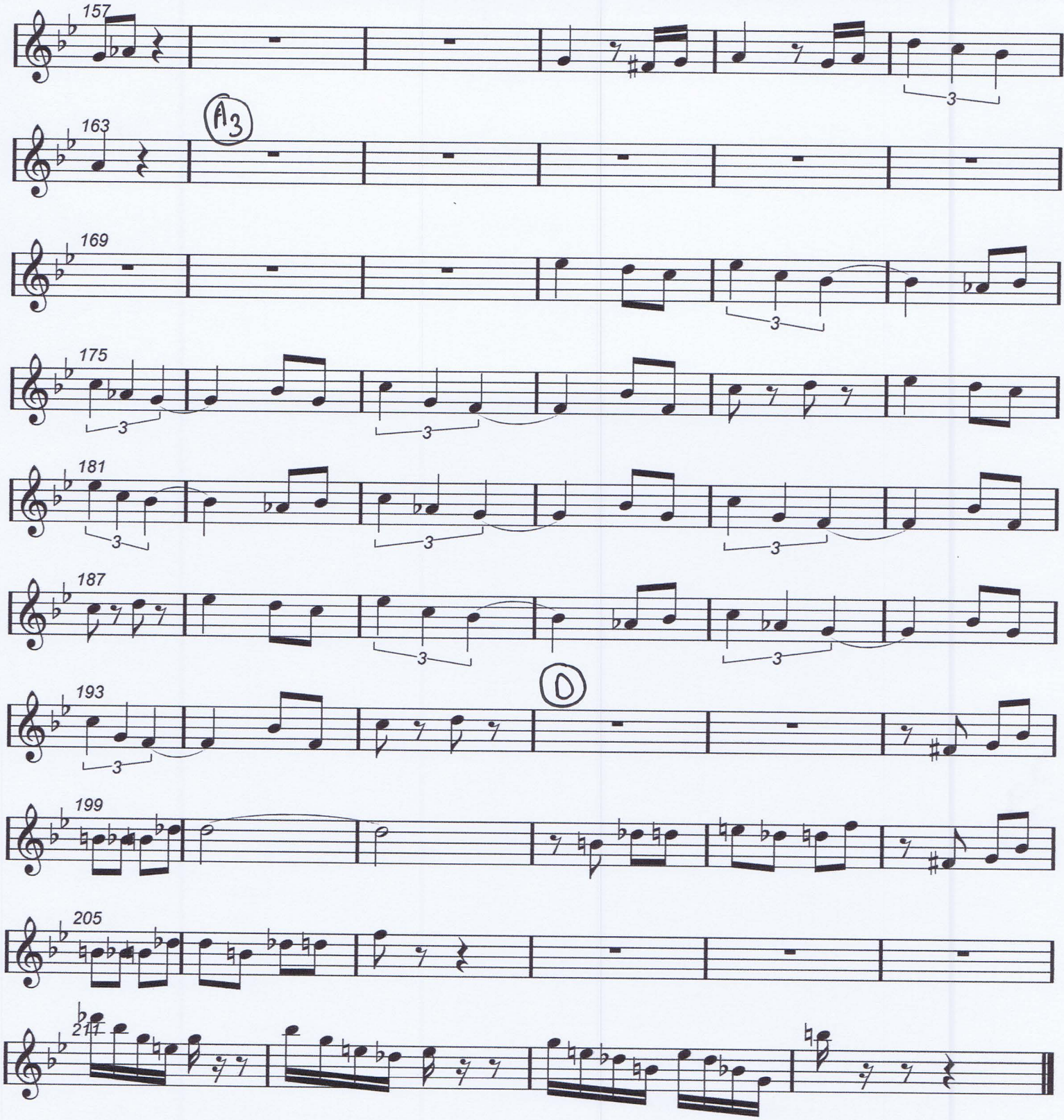Pinana