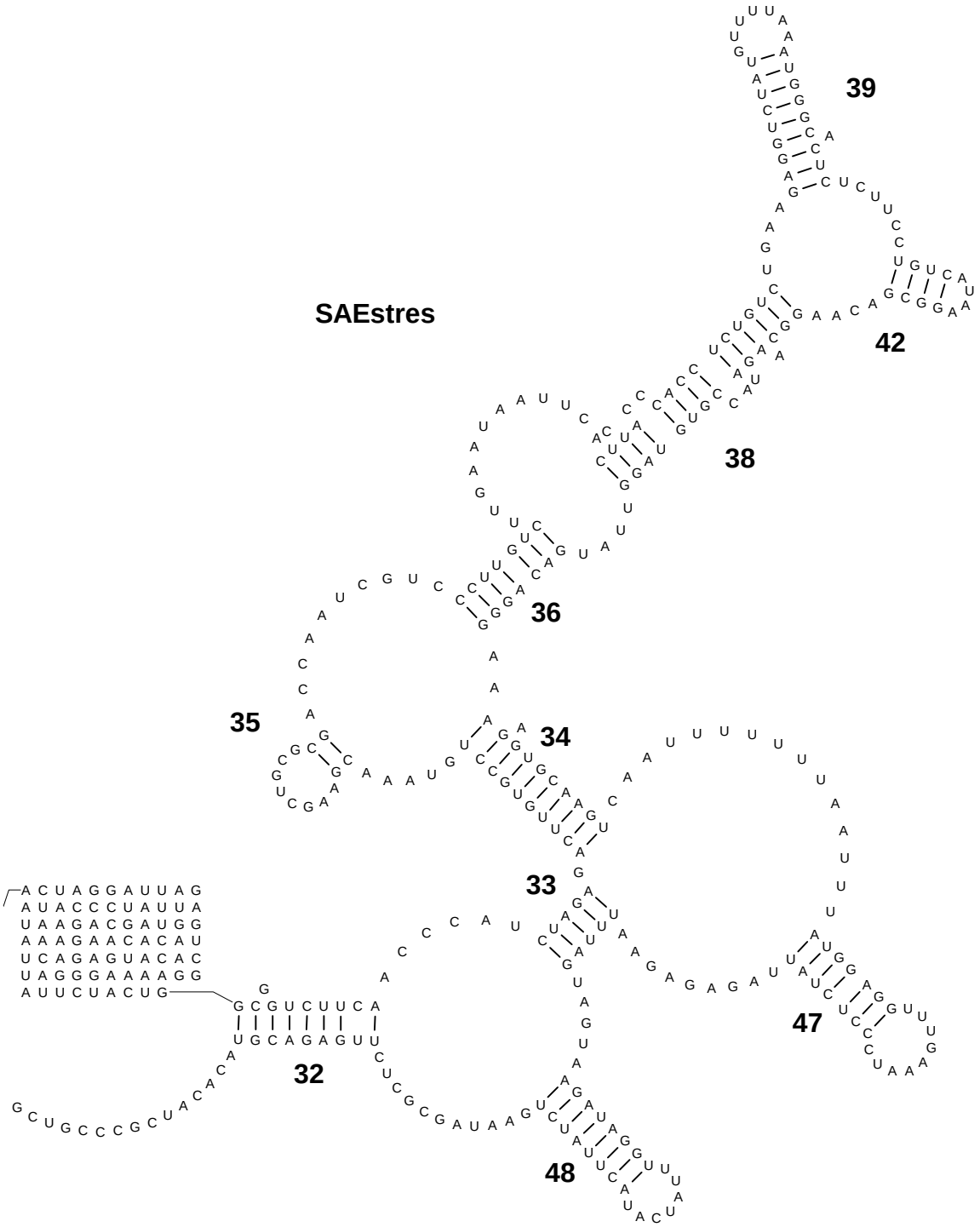SAEstres