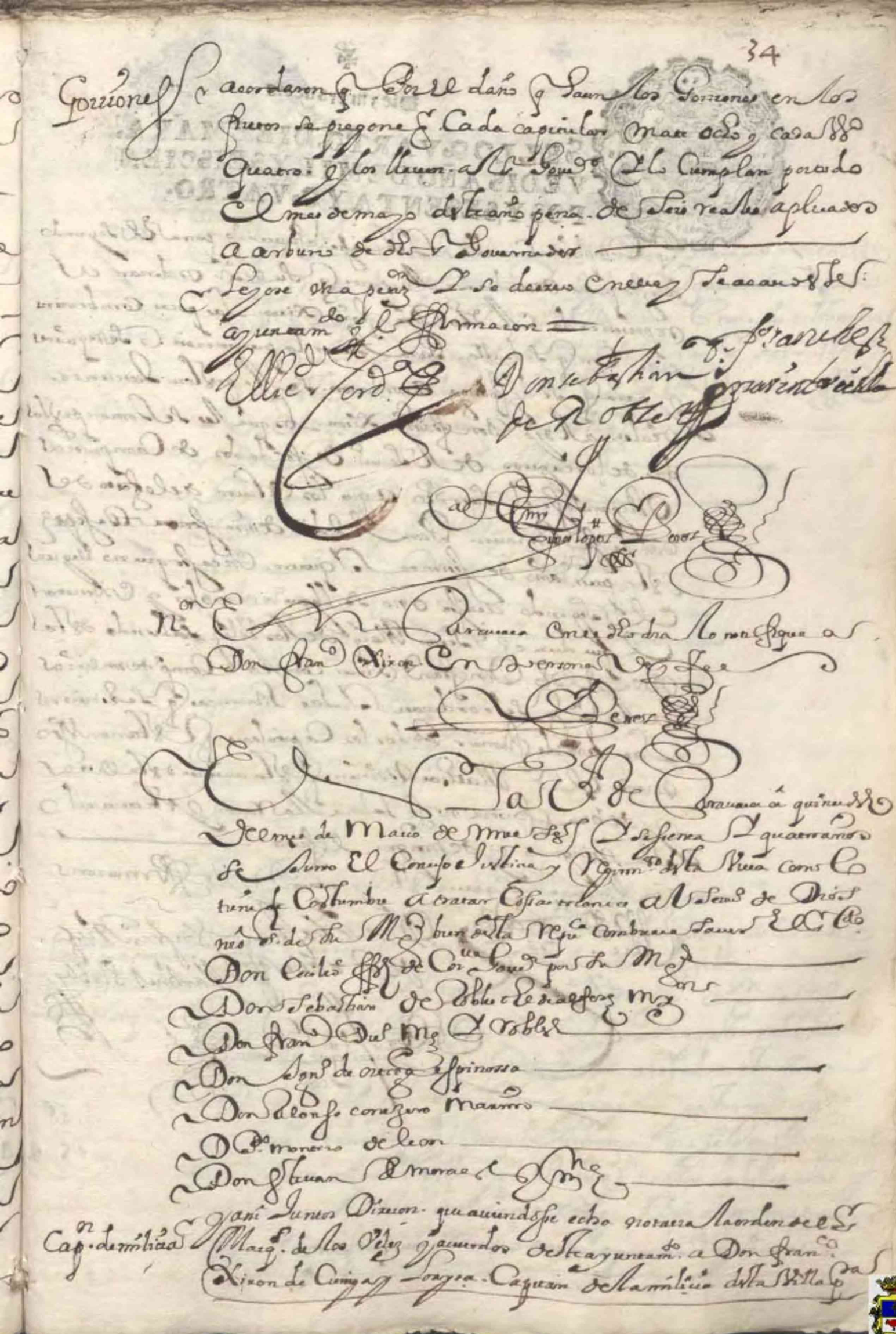Gouiones