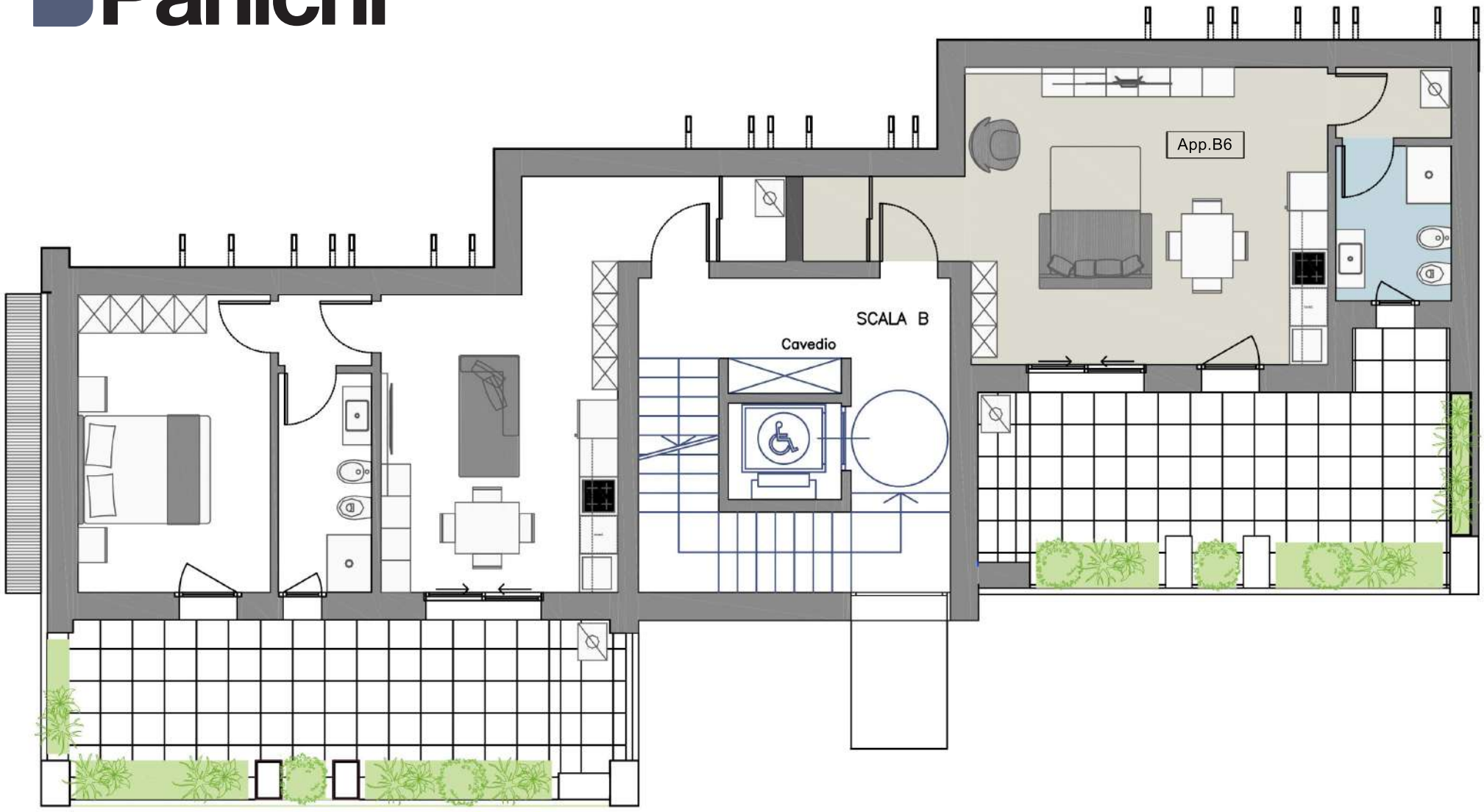Panichi