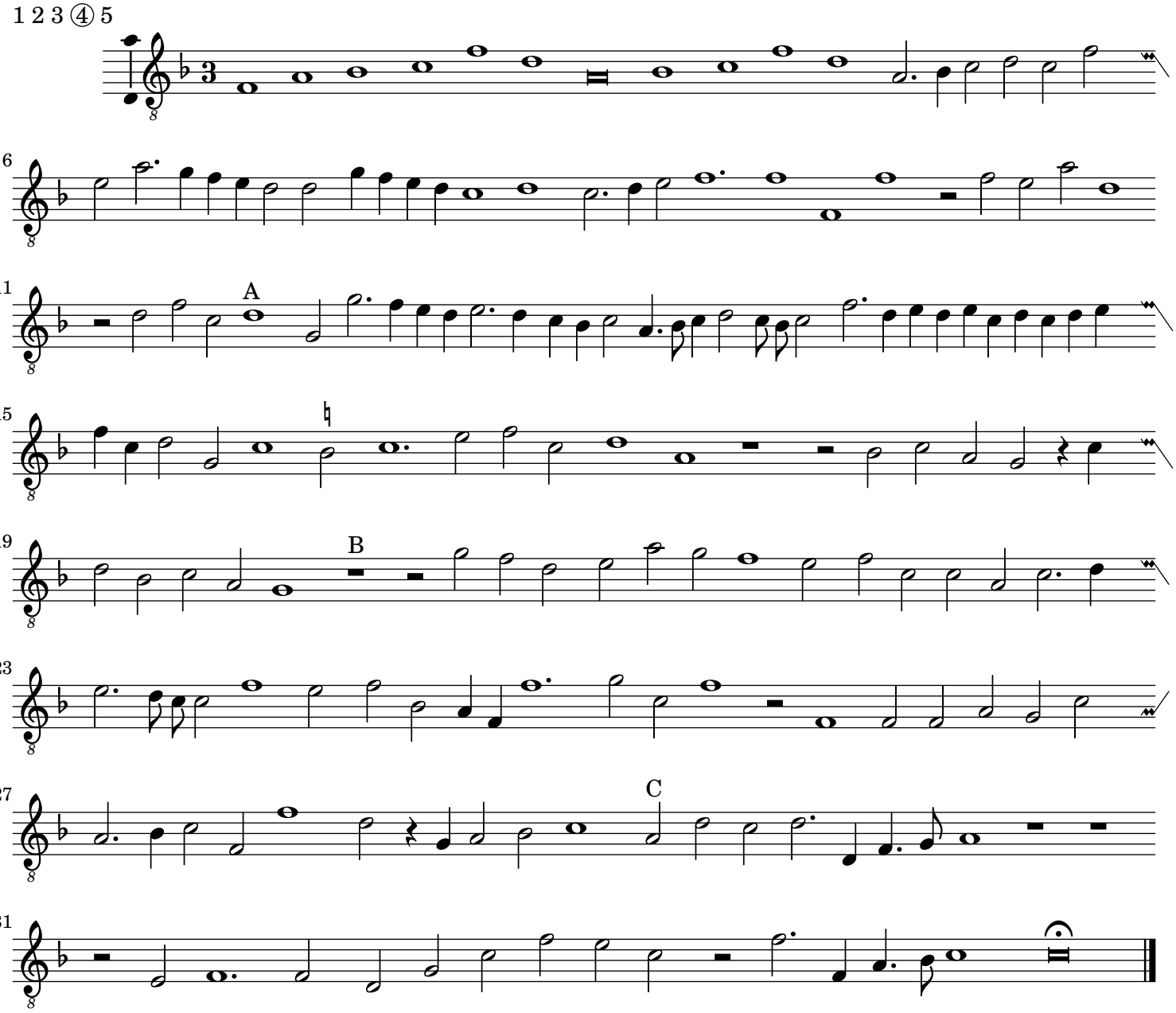Quintus