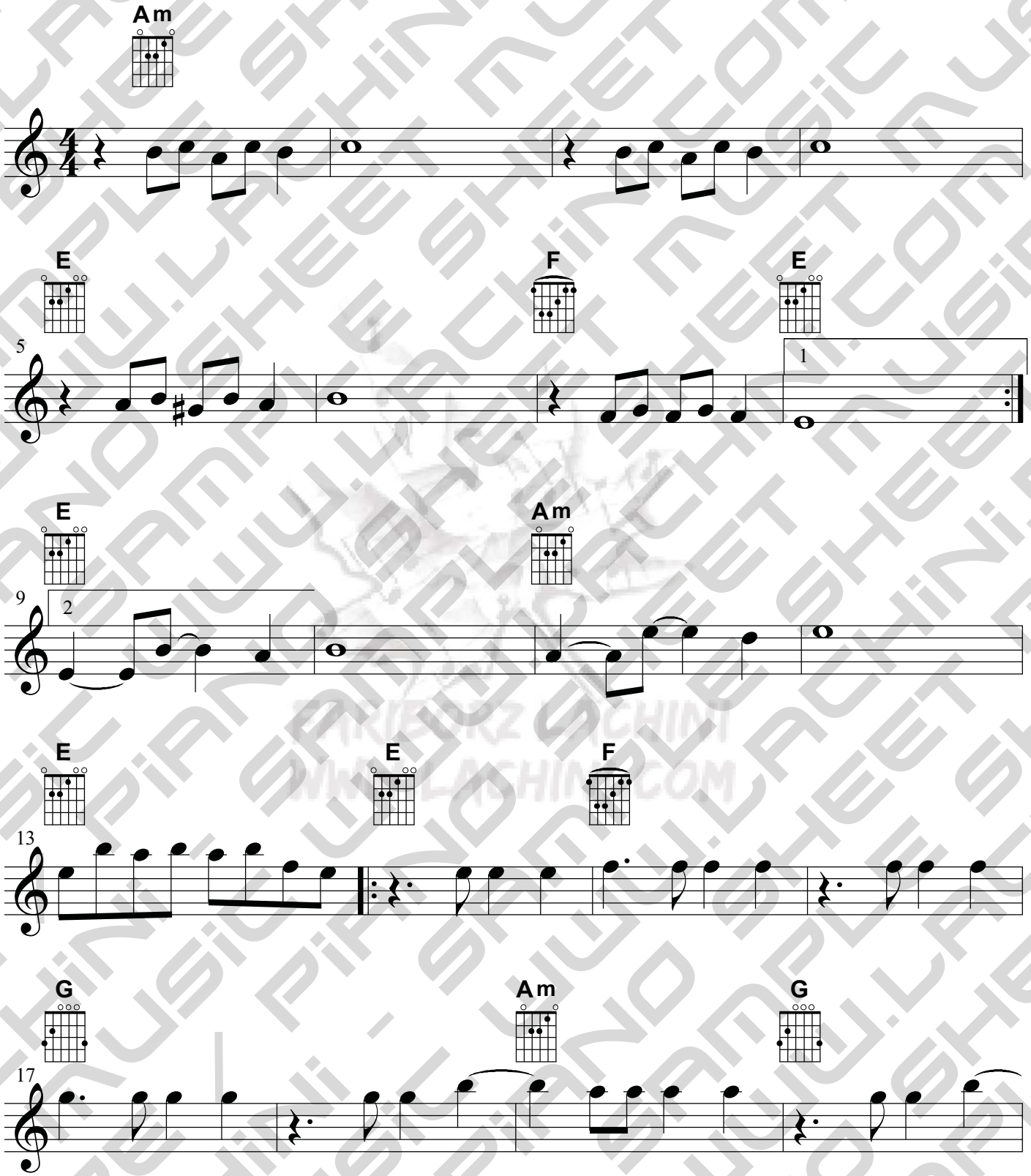Kouh