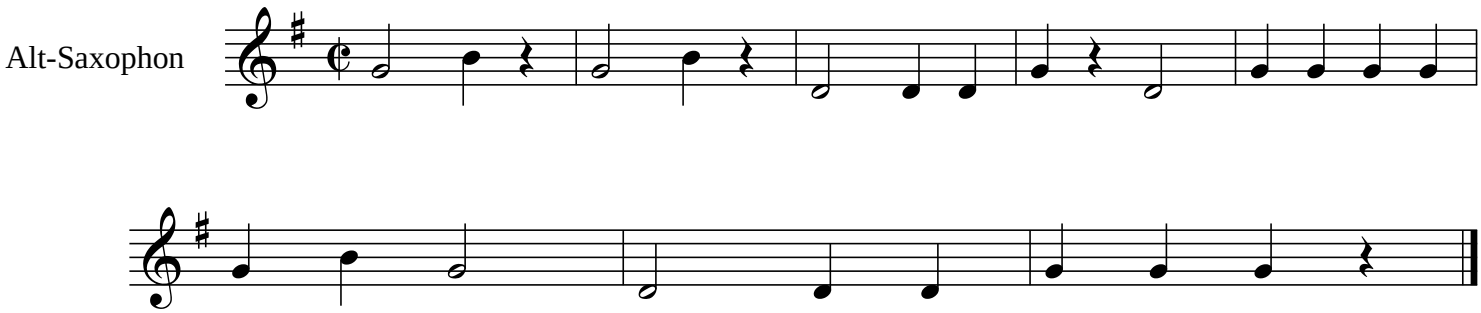Horig