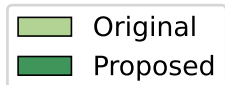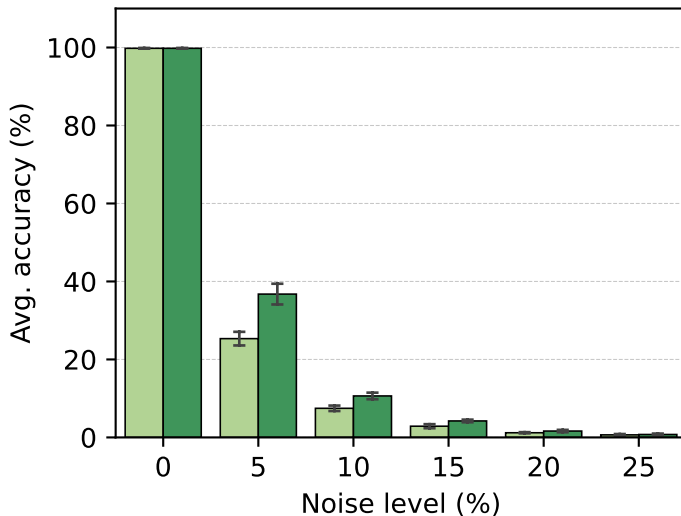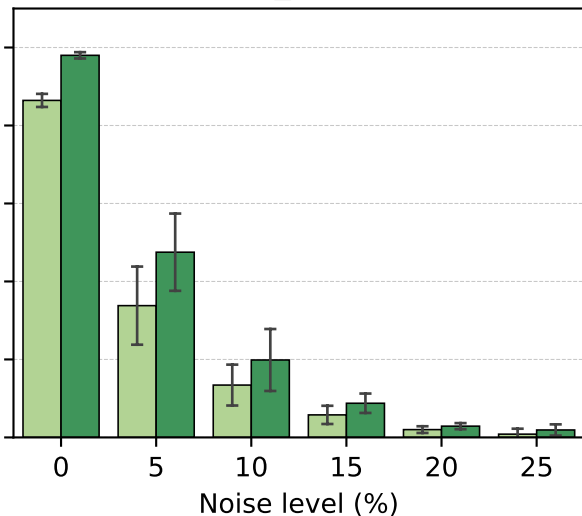REGA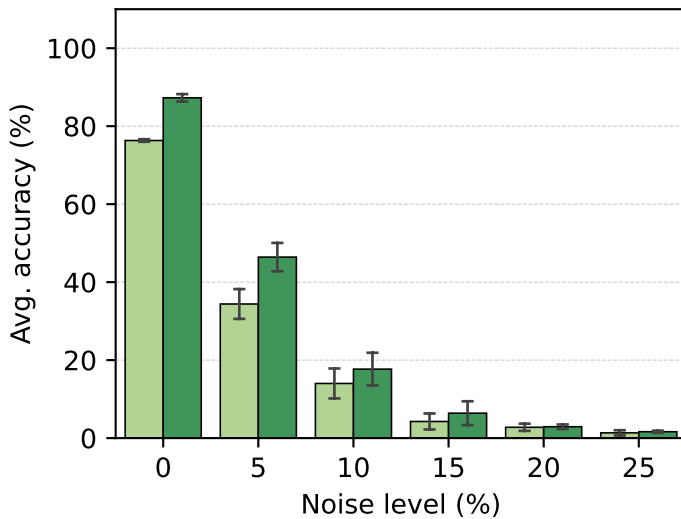L