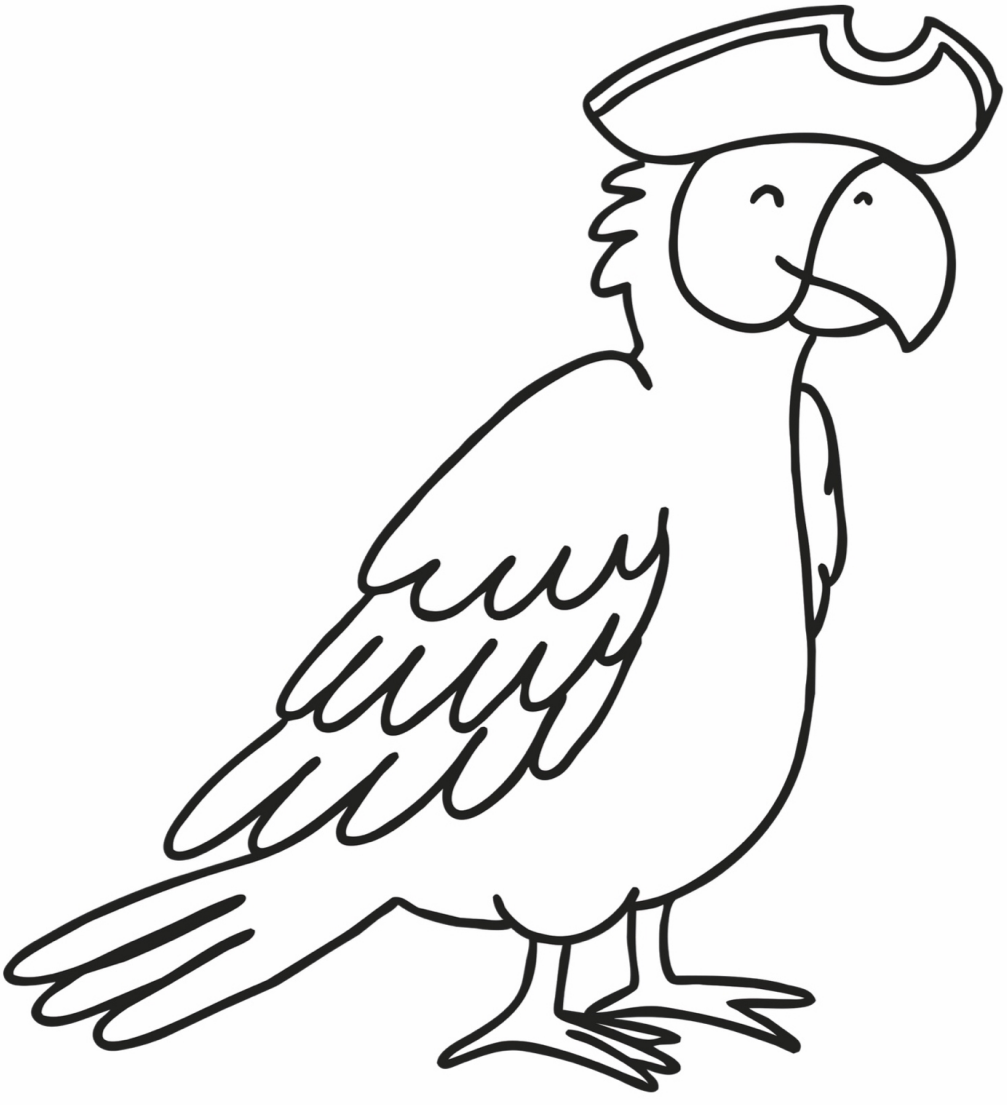Parot