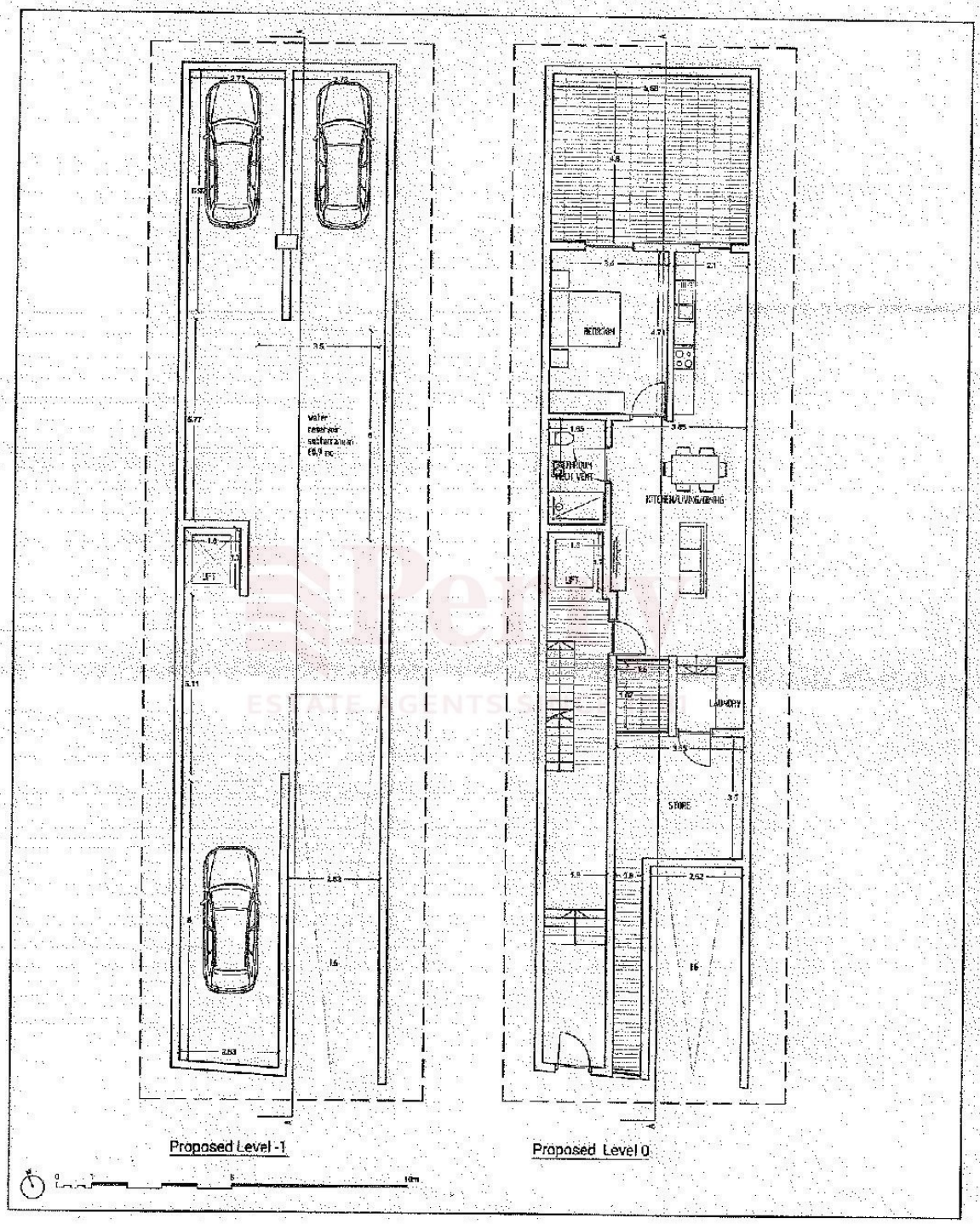Gwardamangia