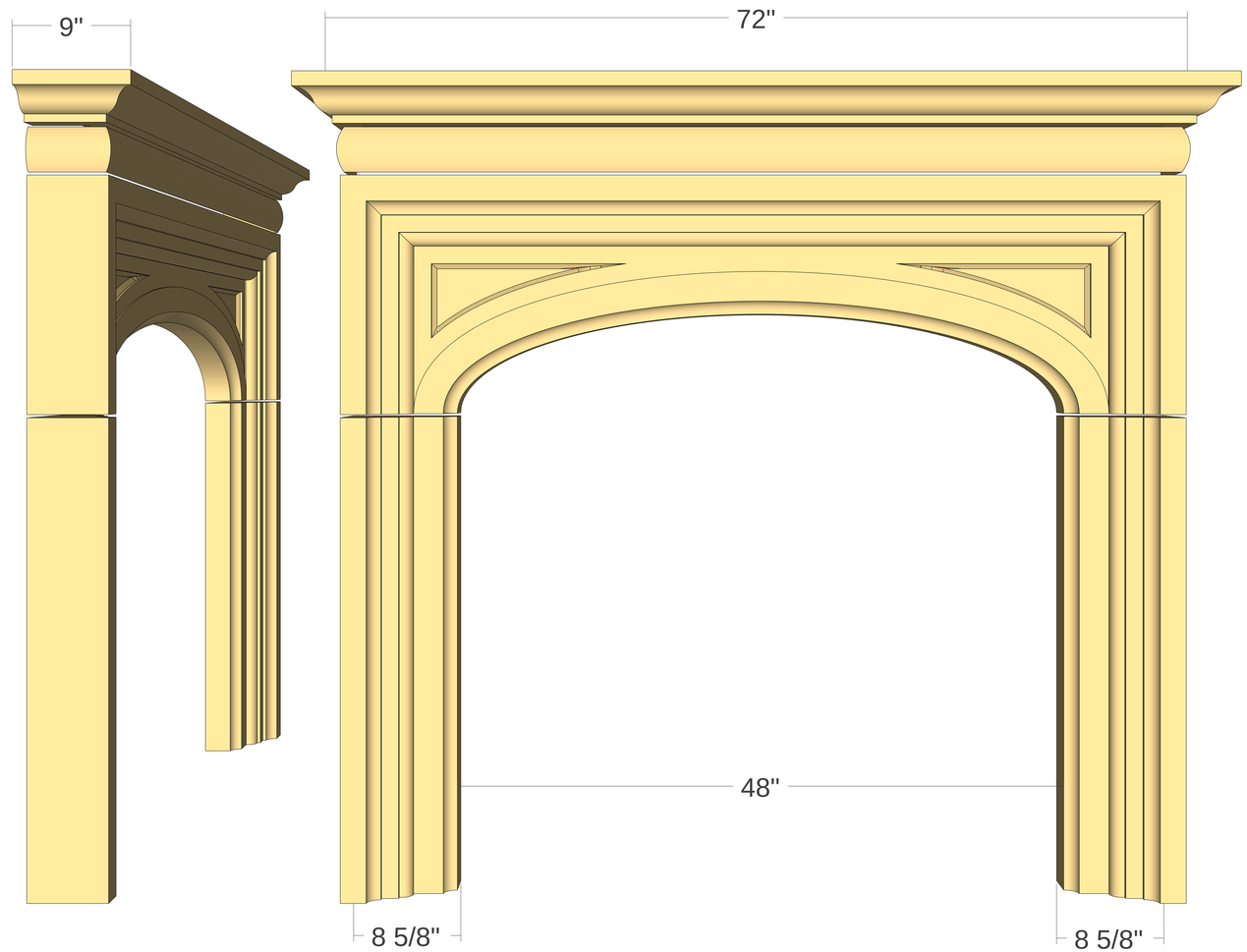Avila