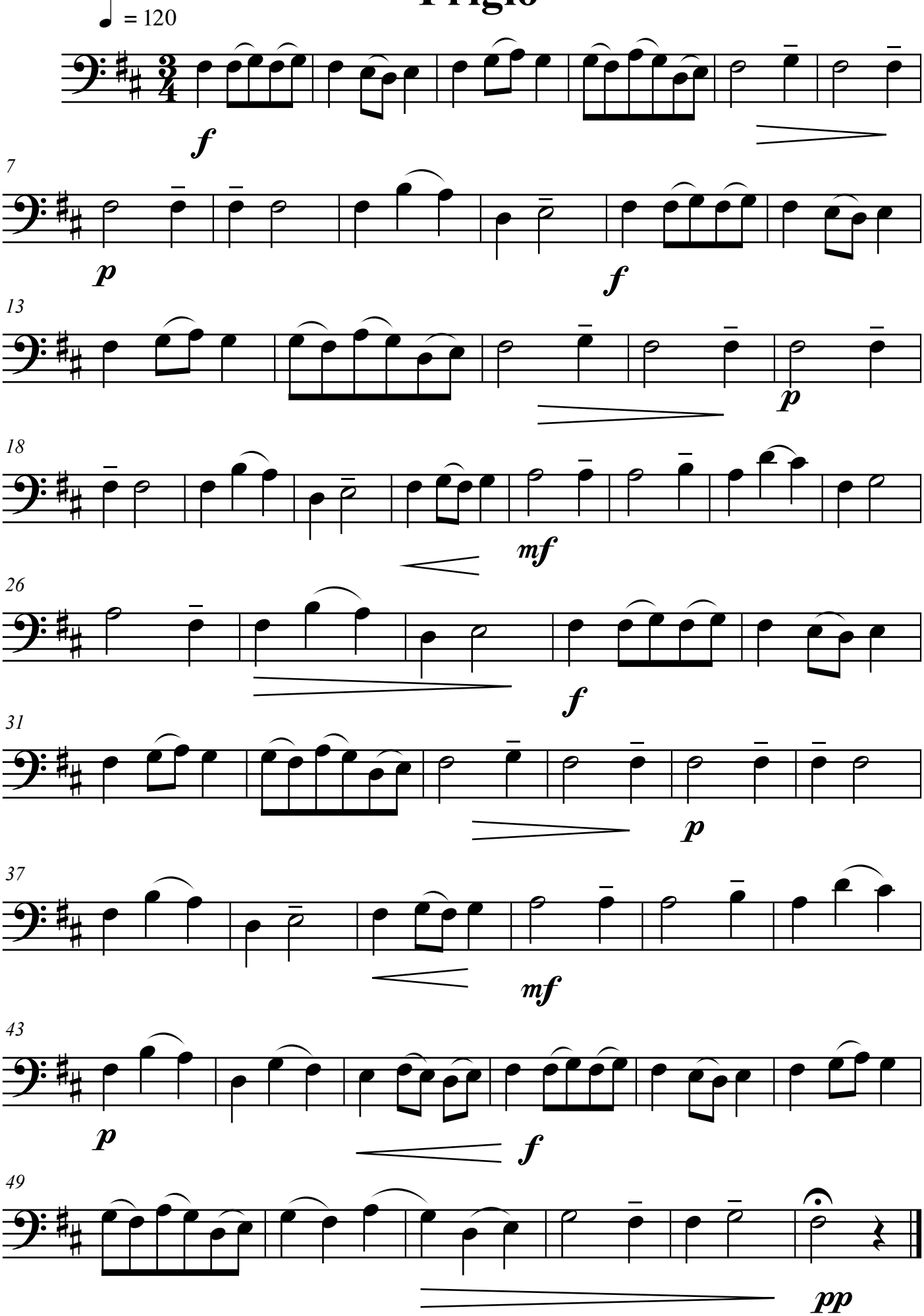Frigio