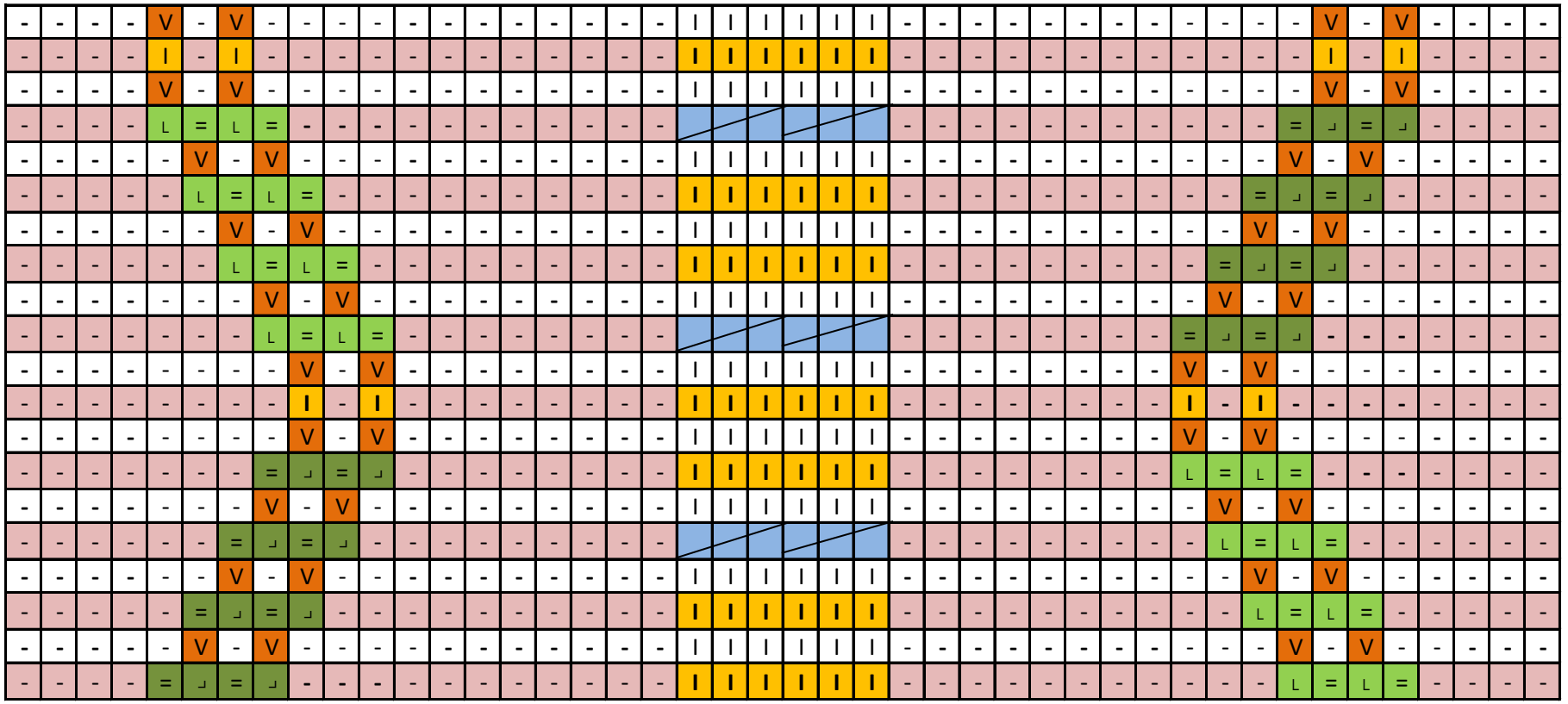Manches