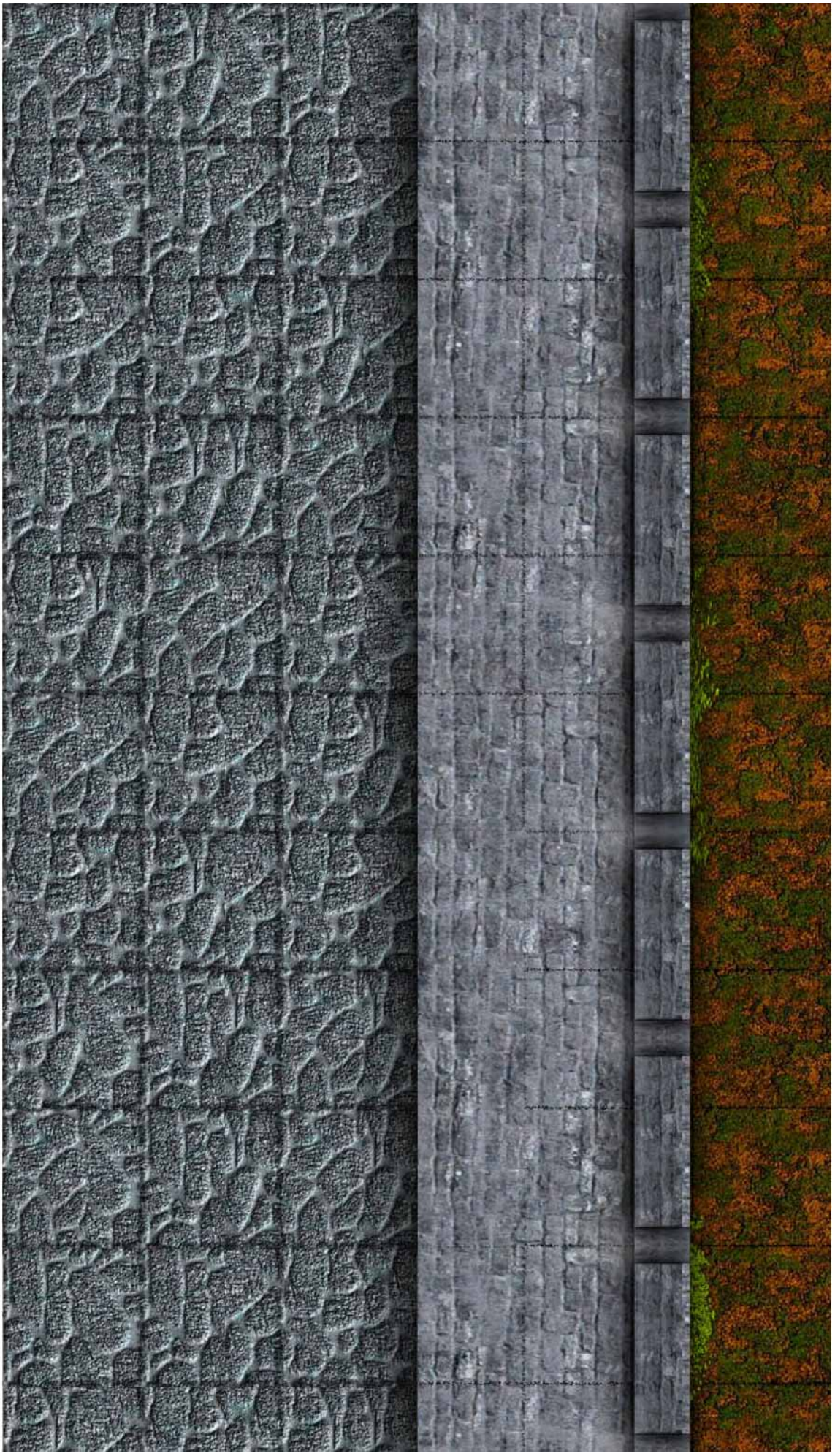Quenta