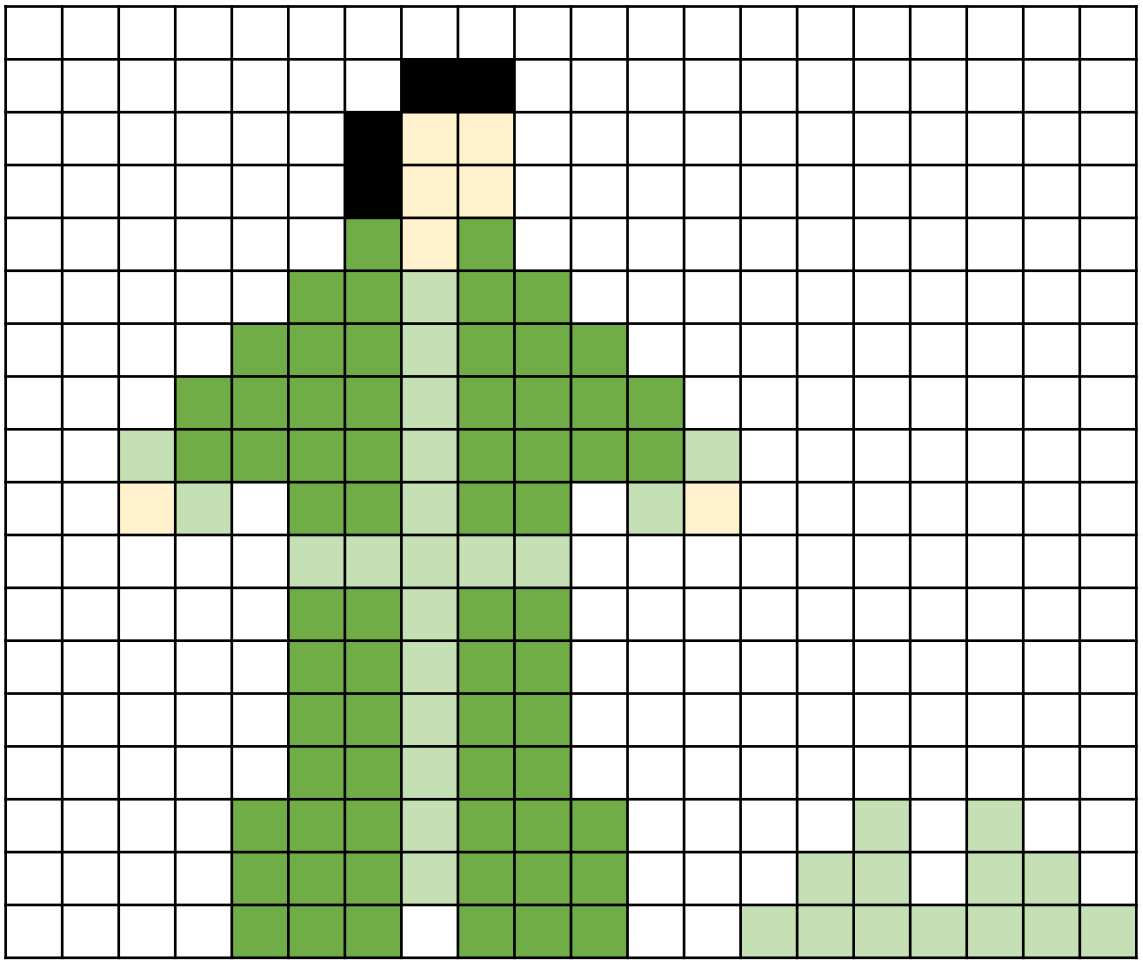Josef