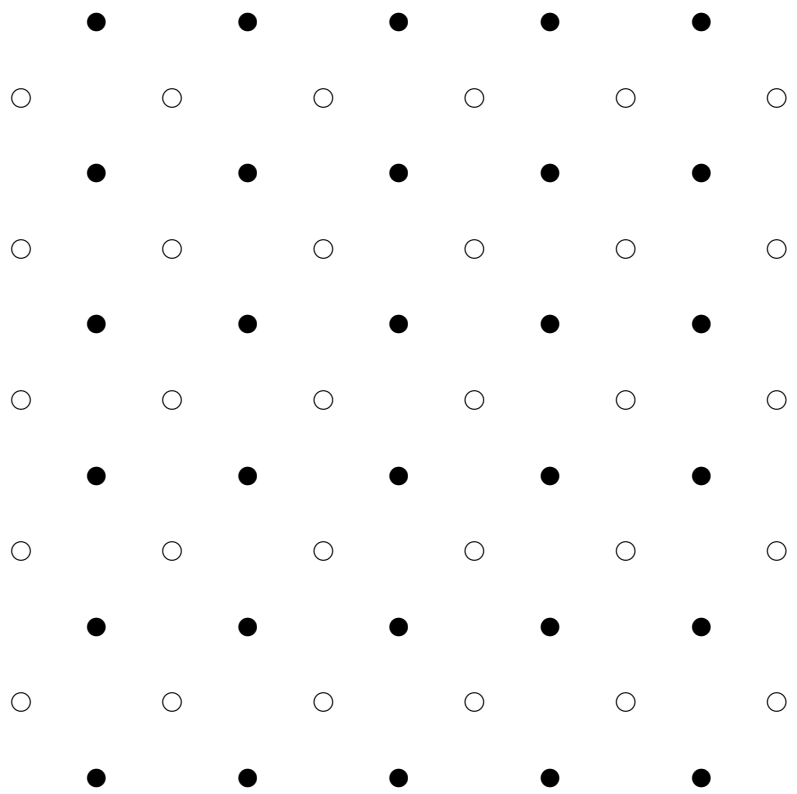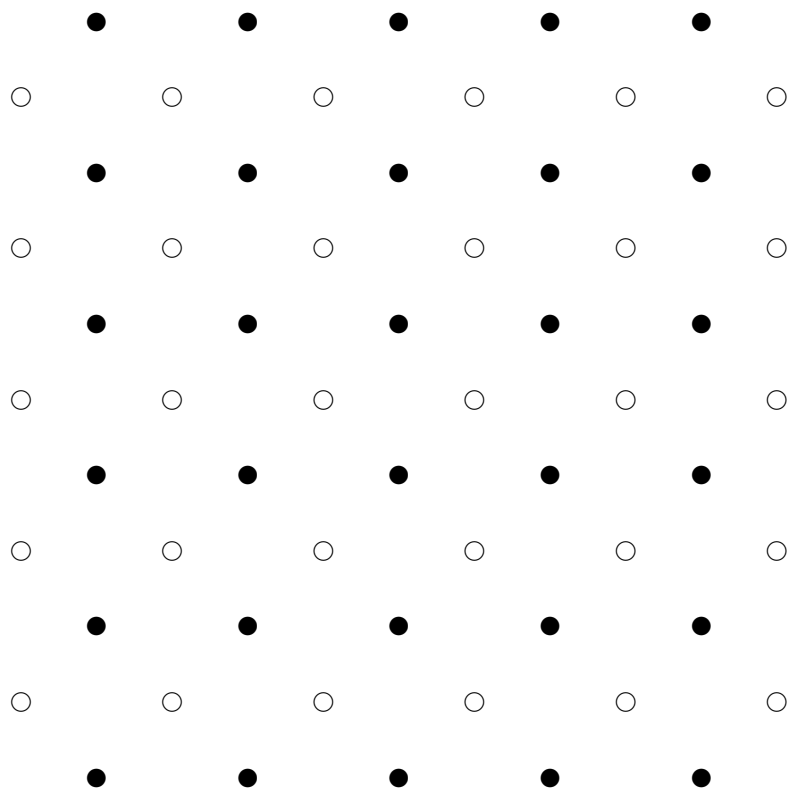Gale