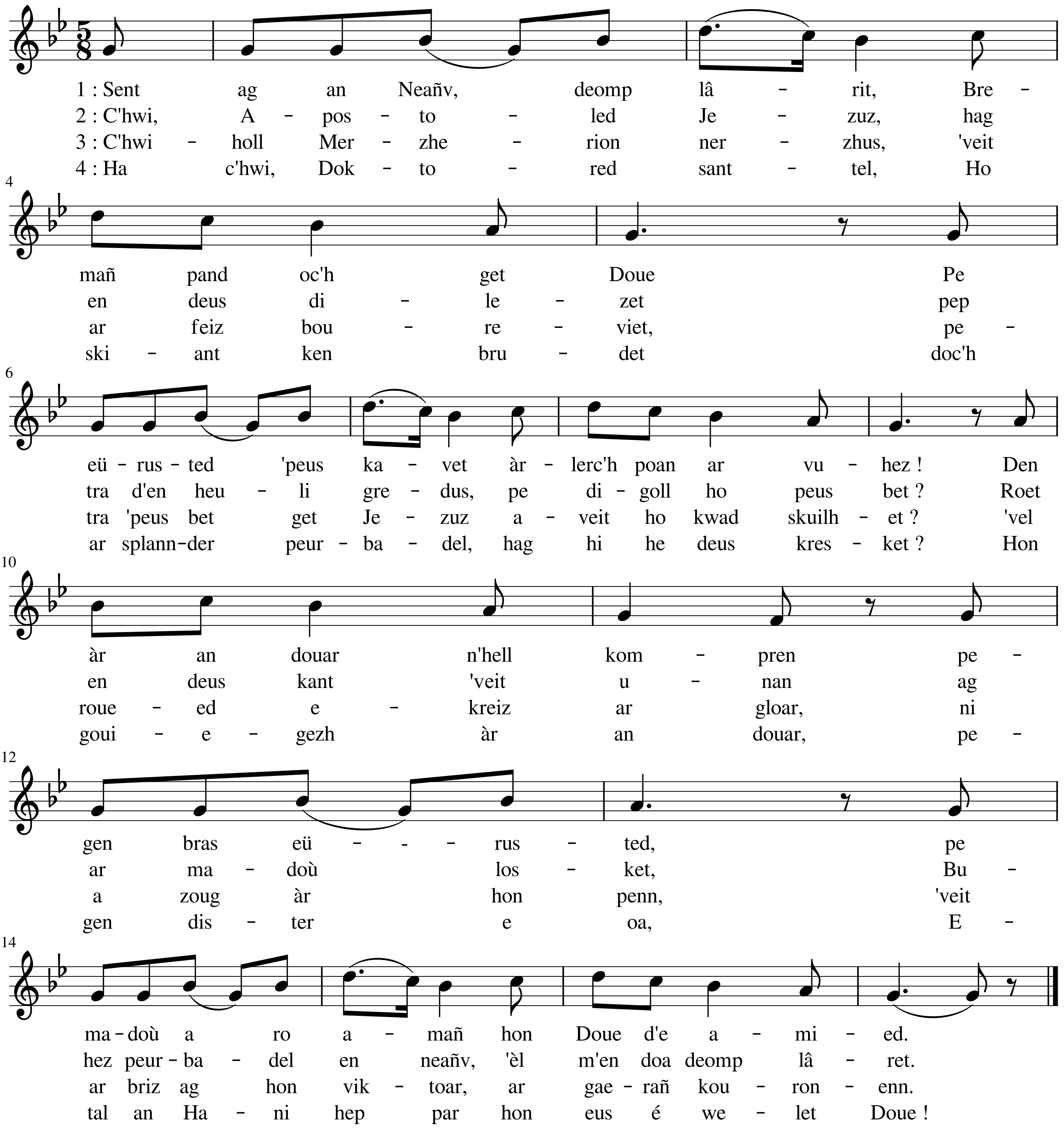Gouel an holl Sent