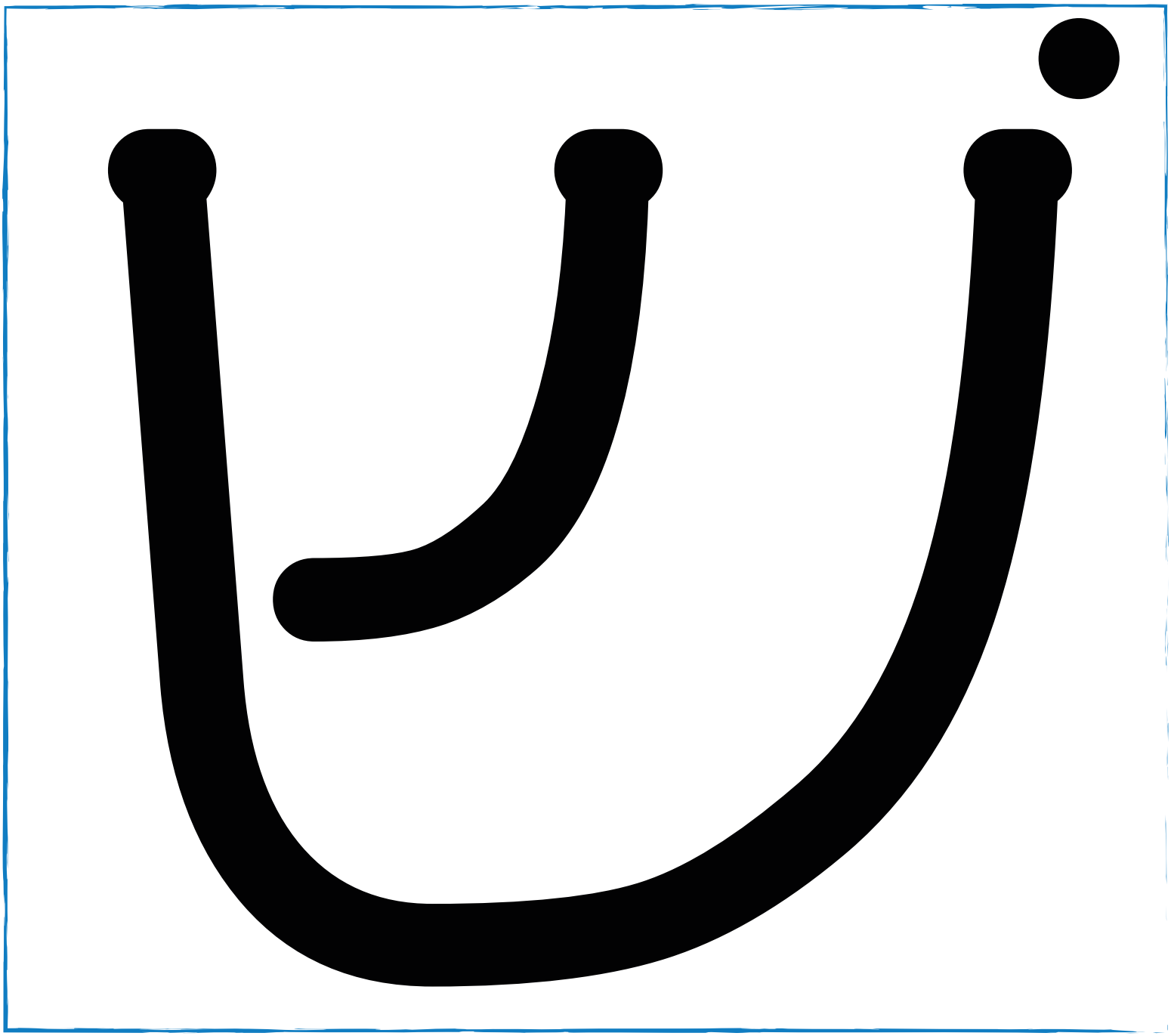Shin