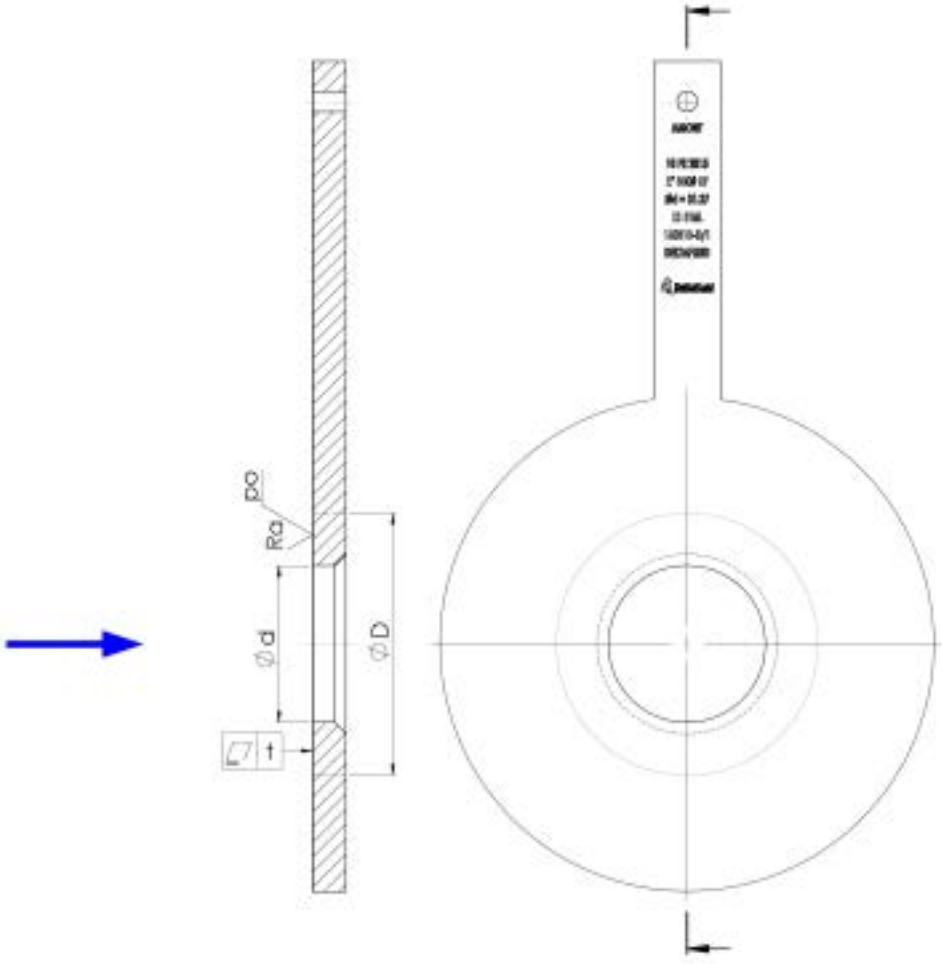Arete vive