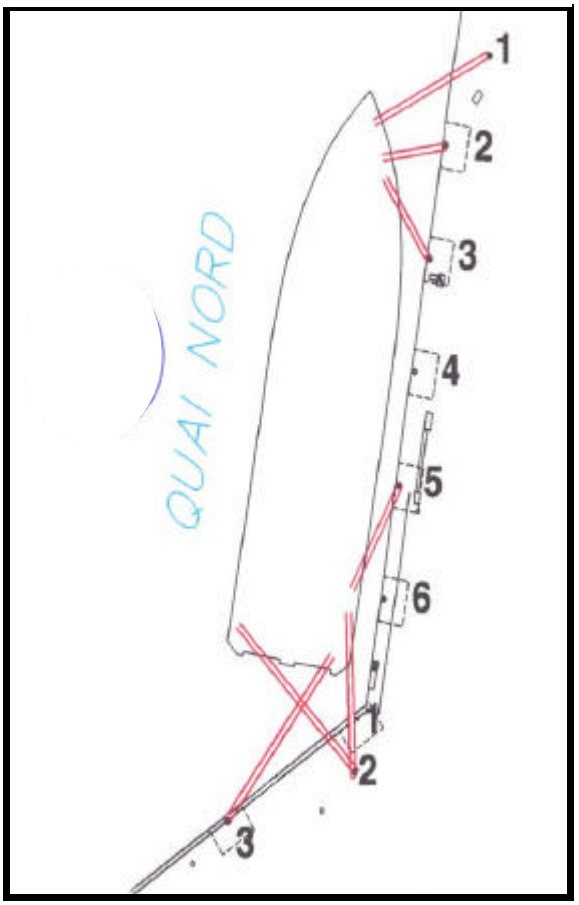POSTE 5