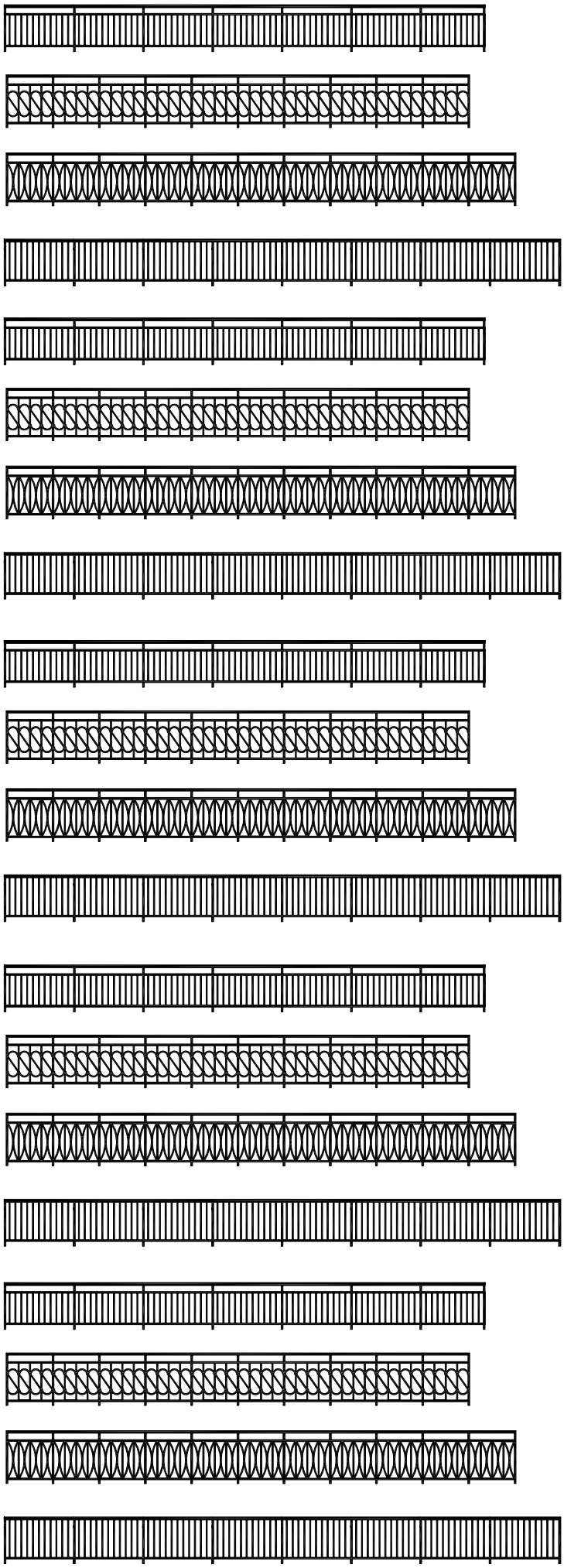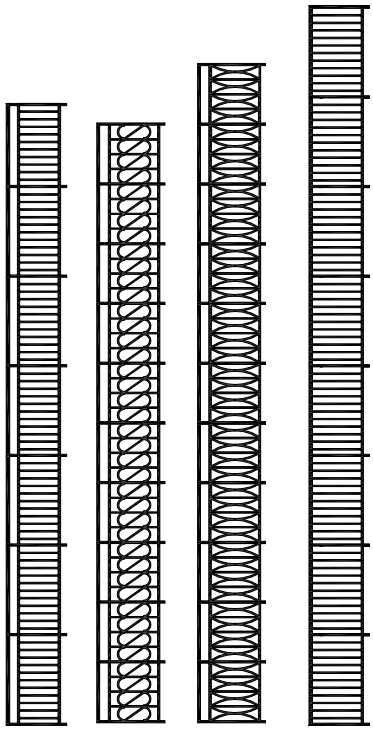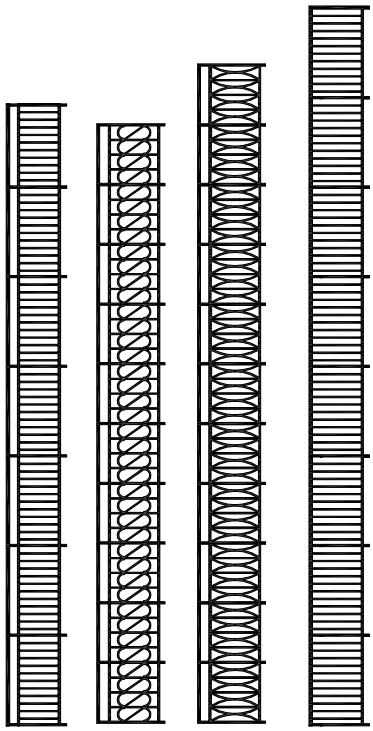Ringhiere