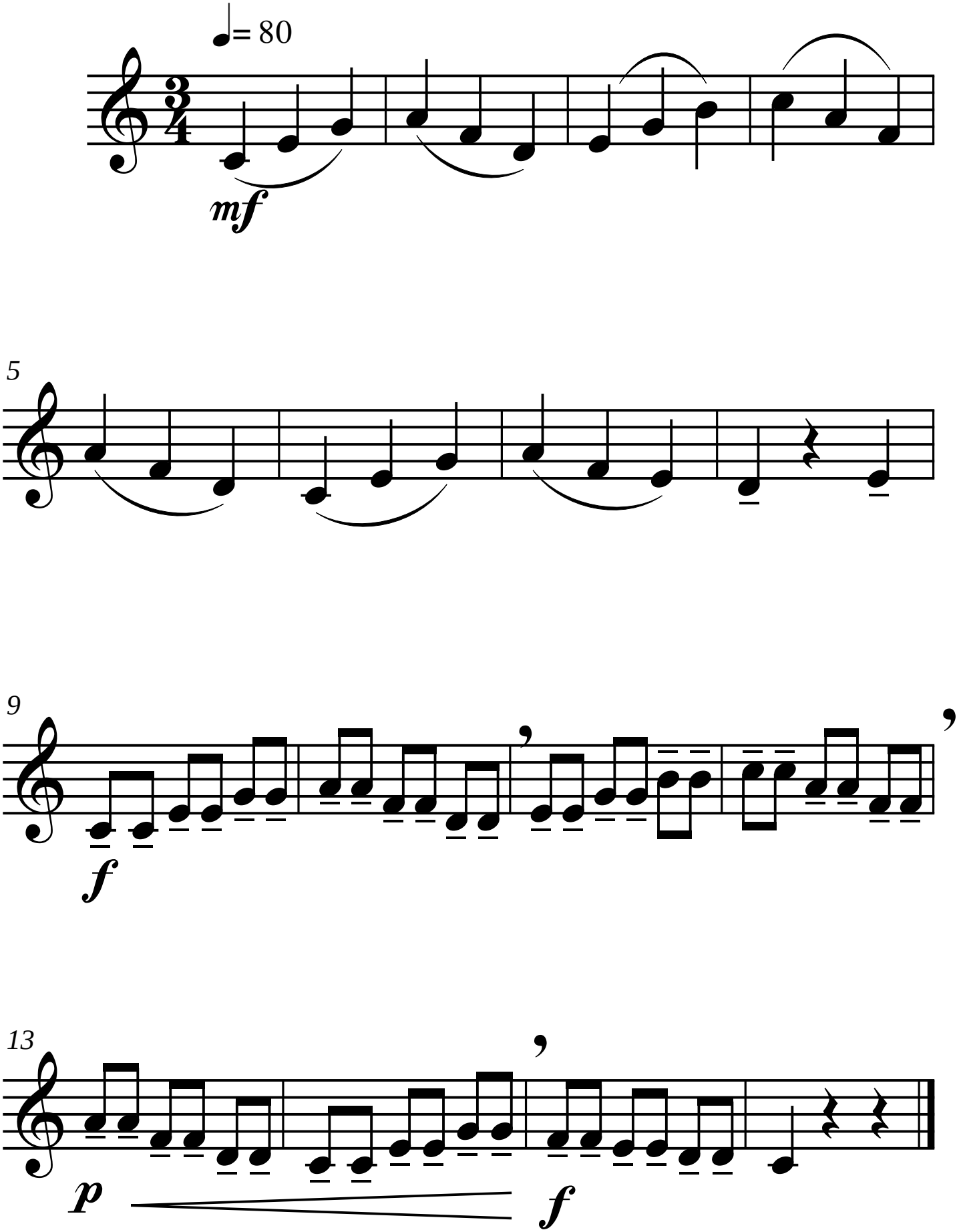Arpegios