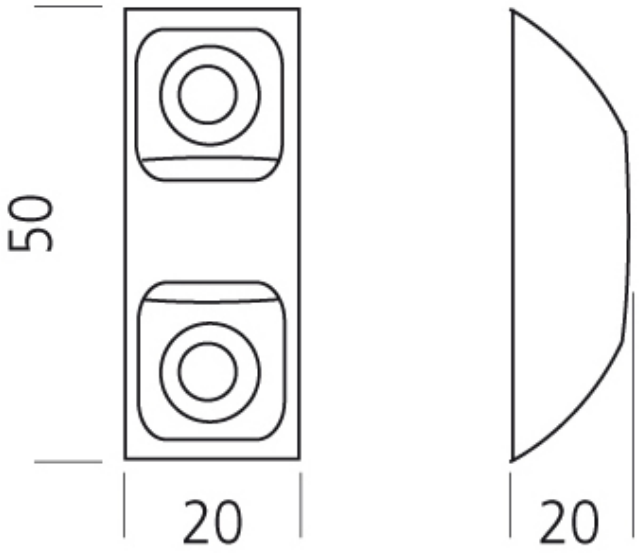GUIDE TRINGLE