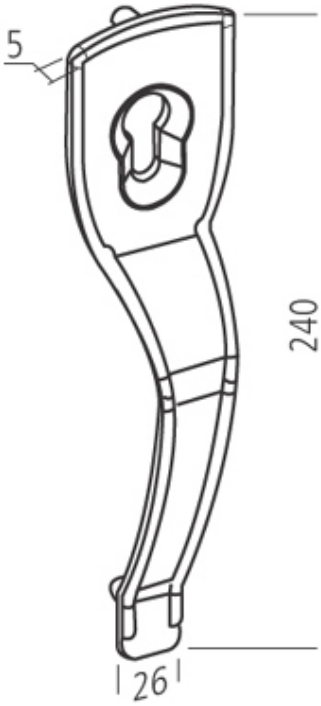POIGNÉE ABS