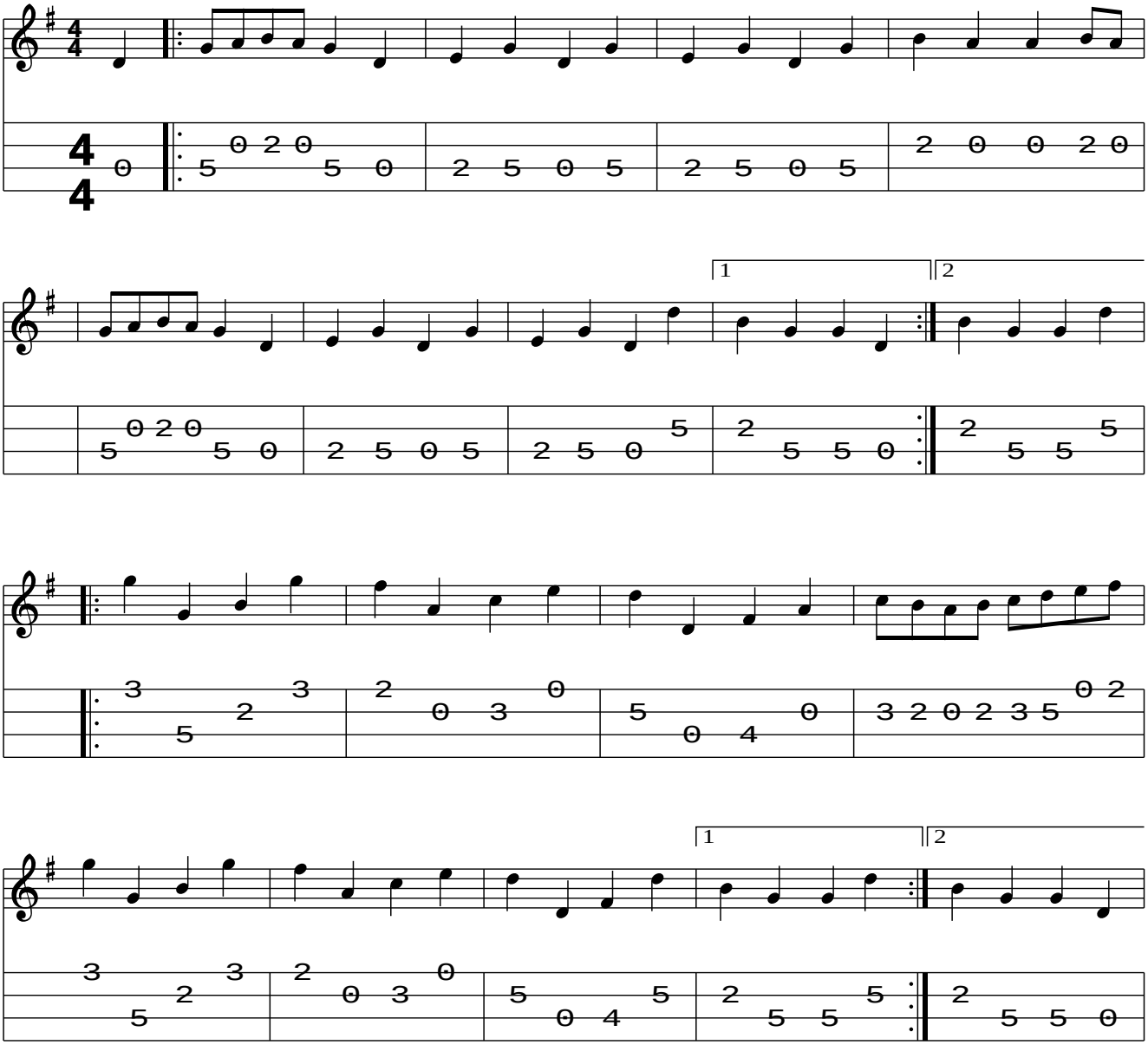# Winhams