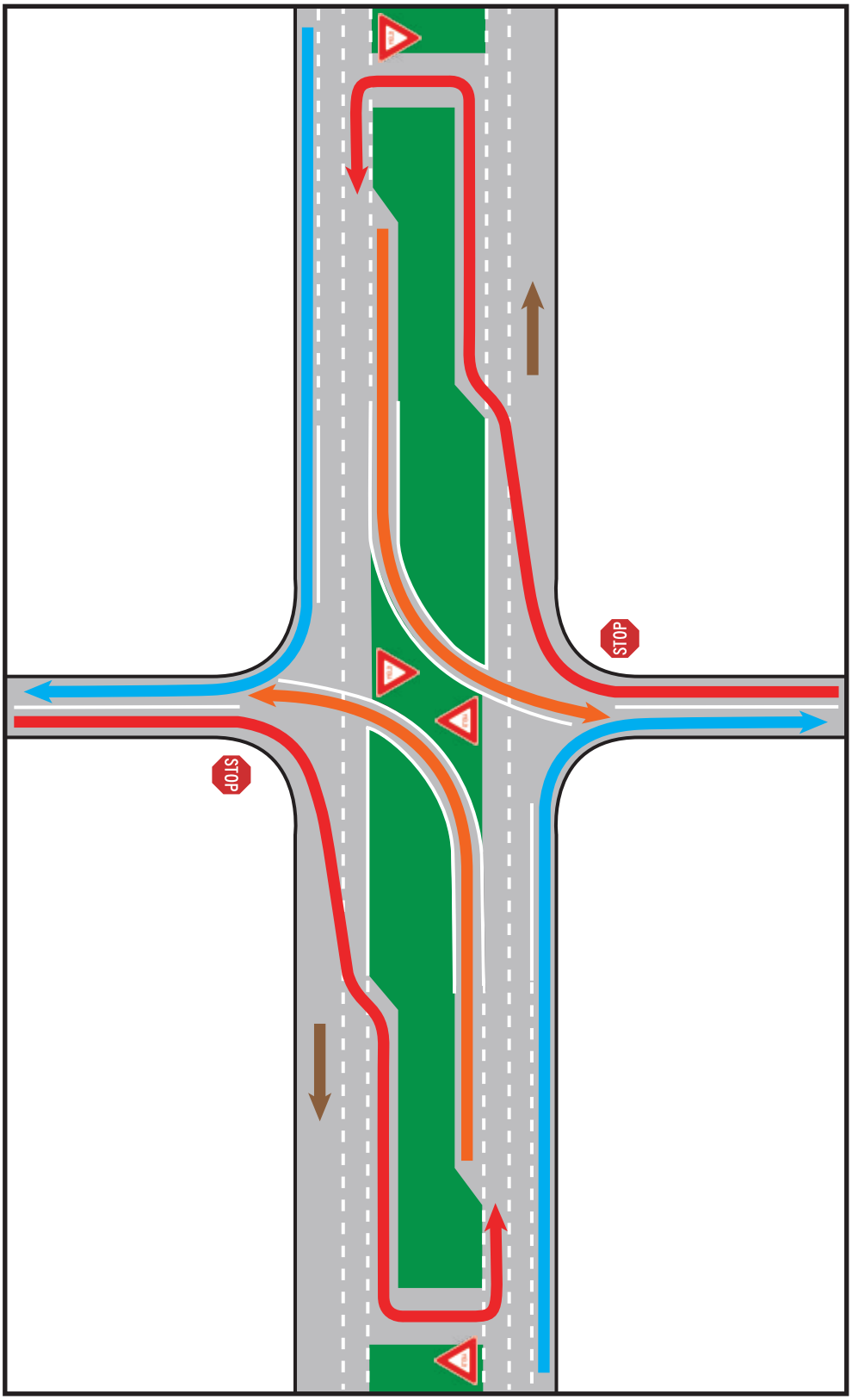J-Turn