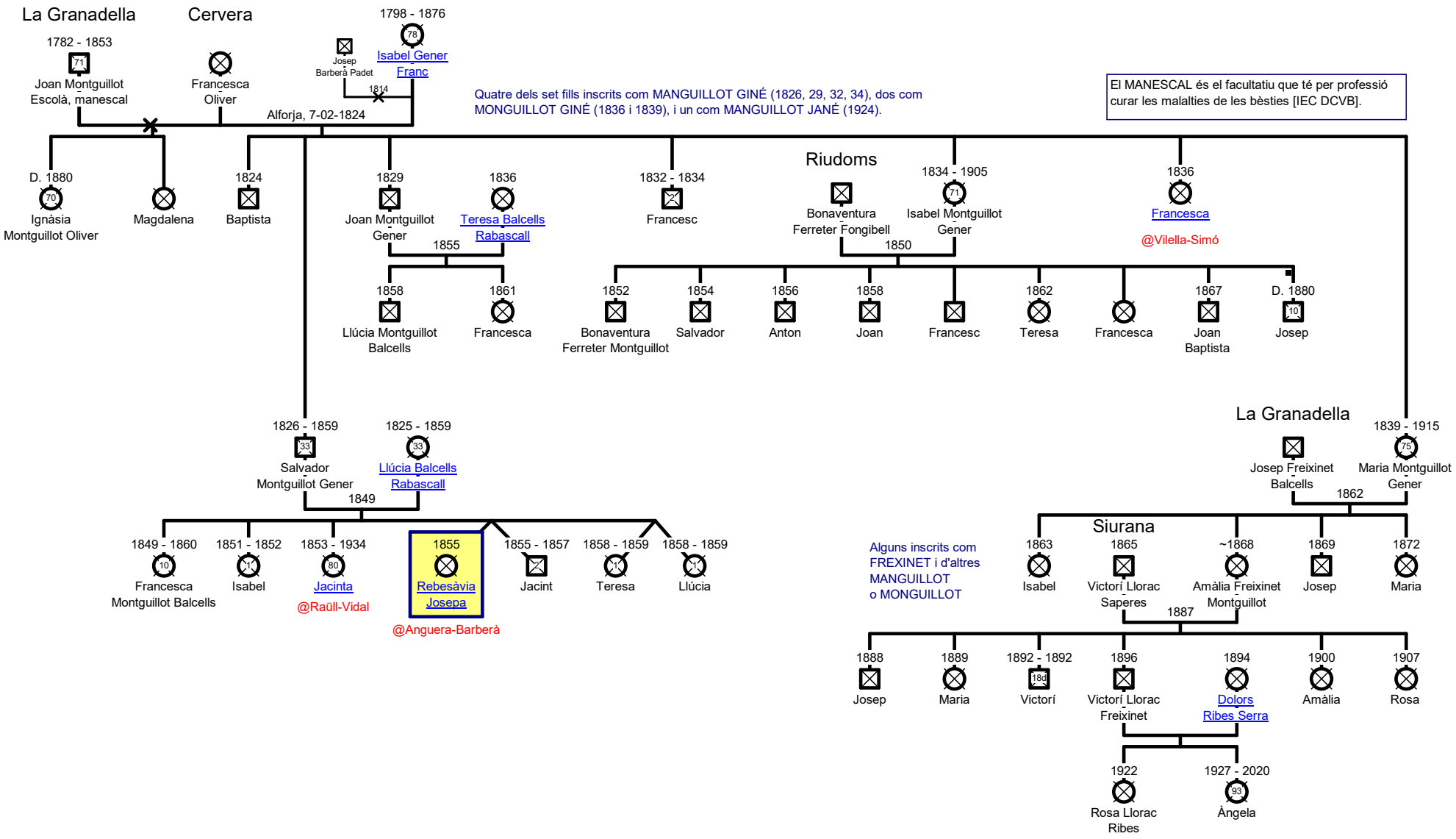Els Montguillot