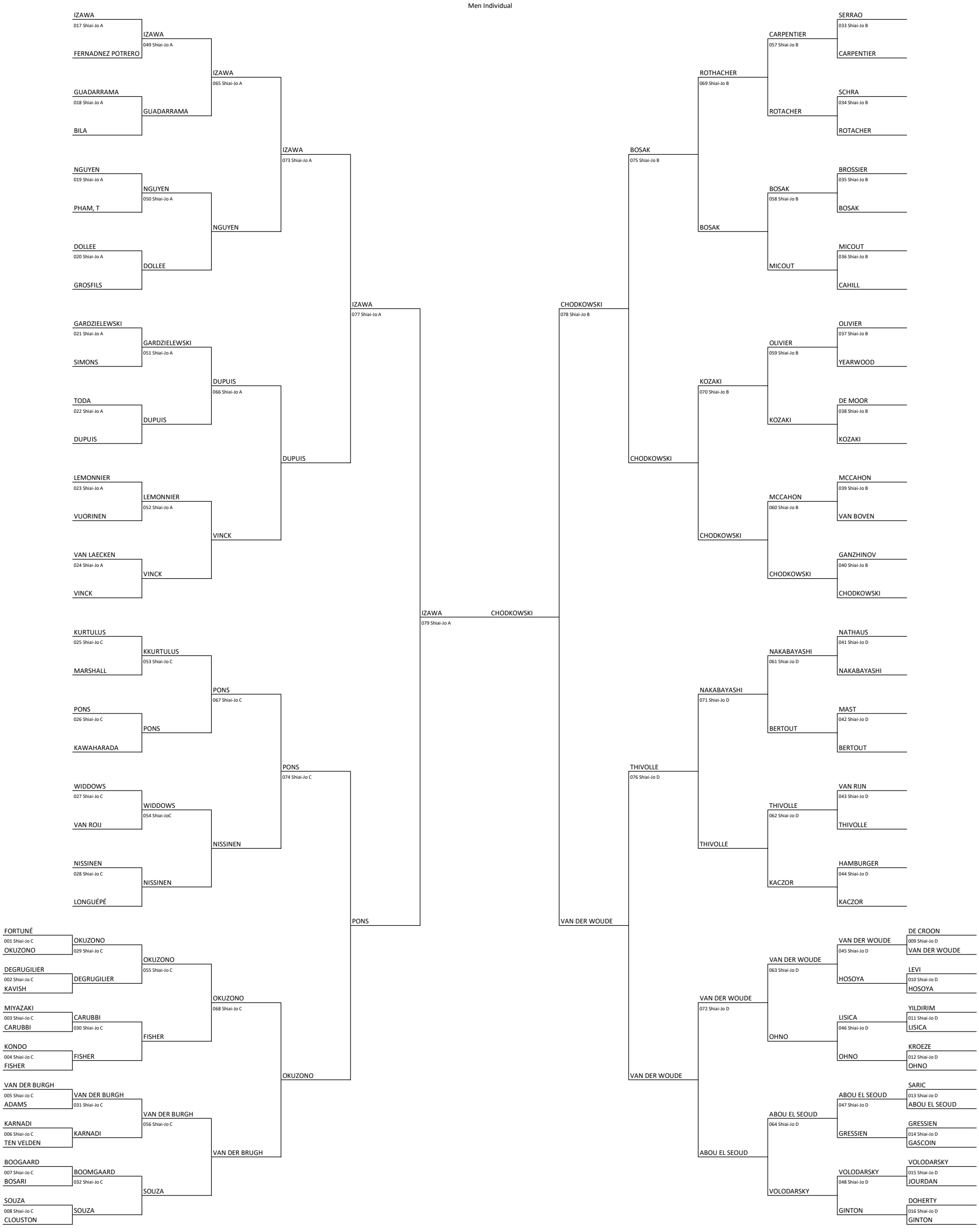Men Individual