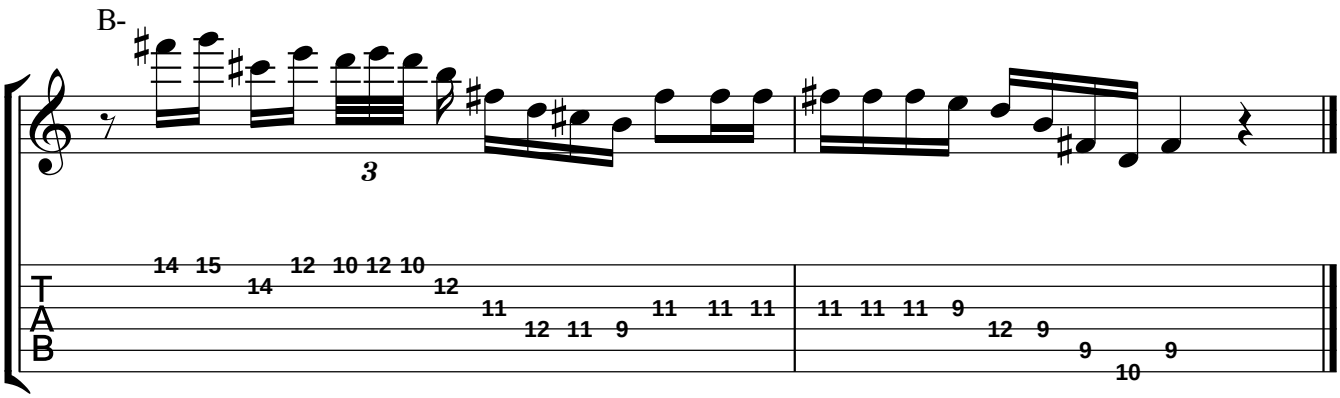Lick 30