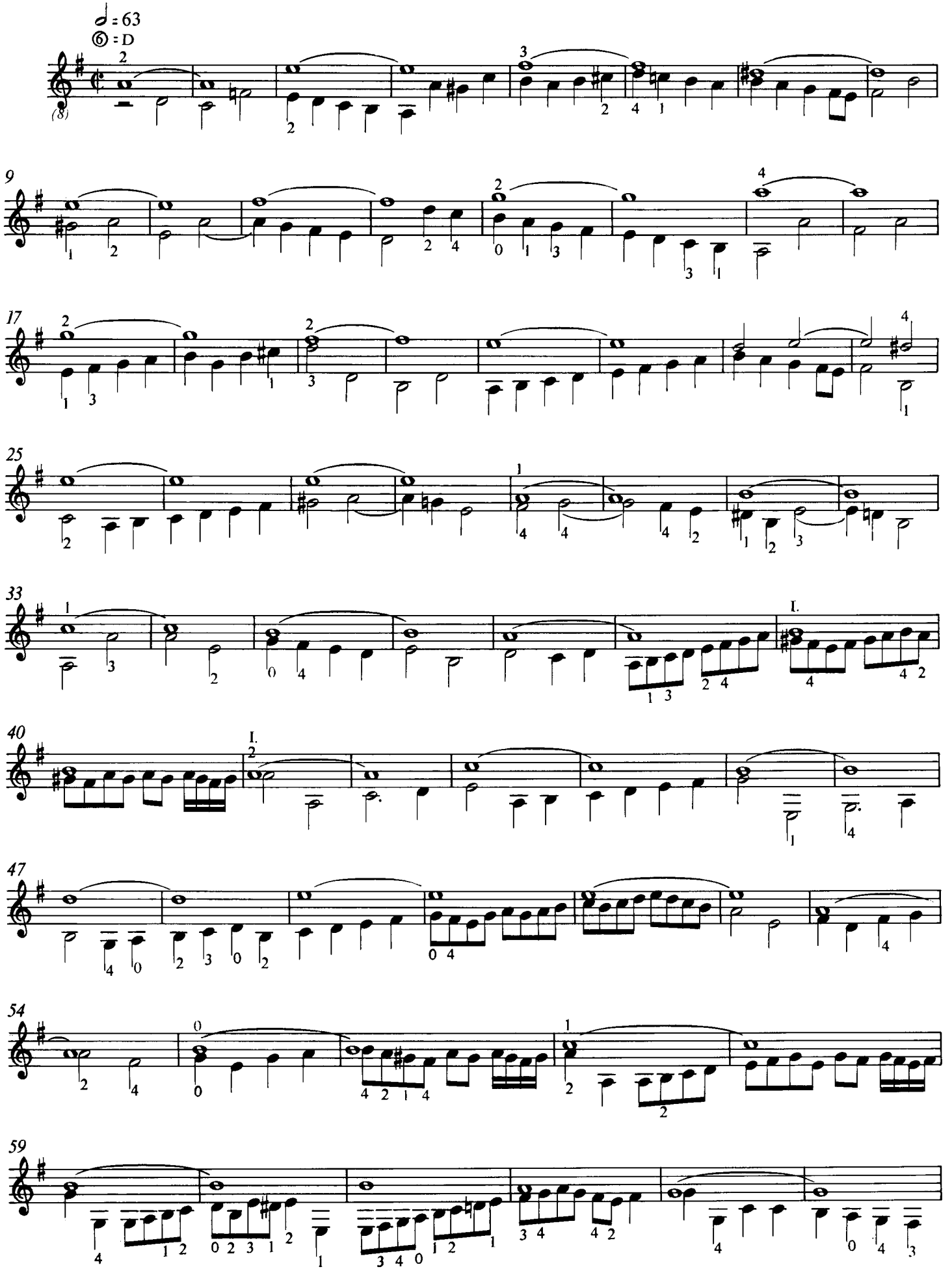AVE MARIS STELLA III