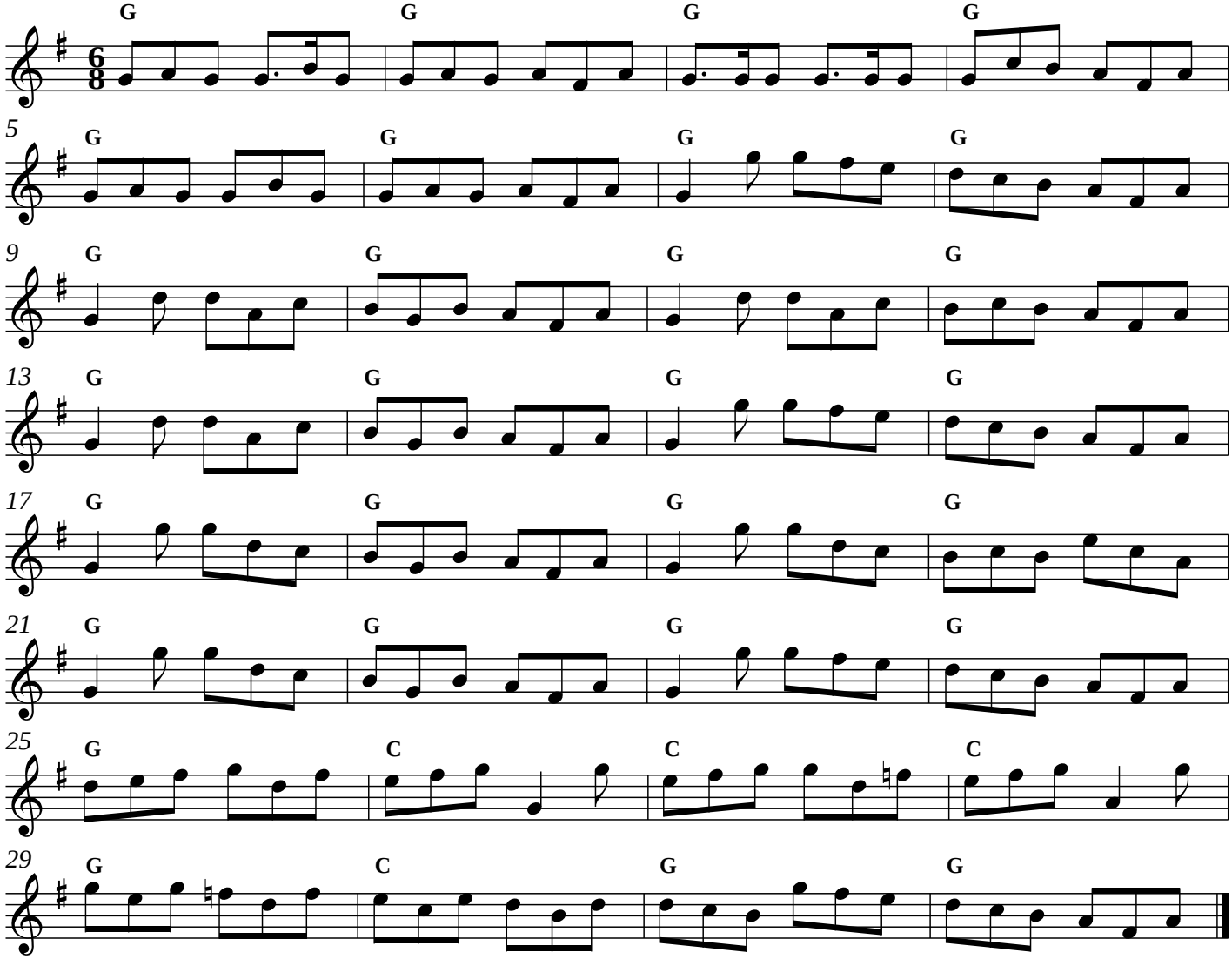The Active Old Man