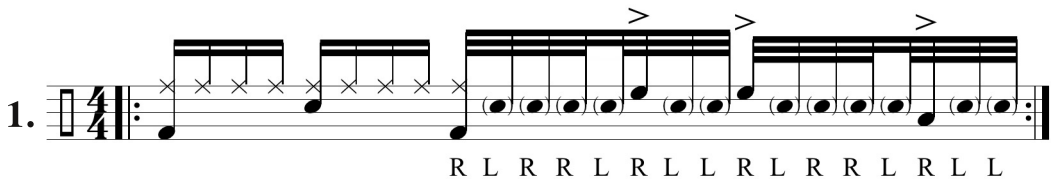Paradidde Fill