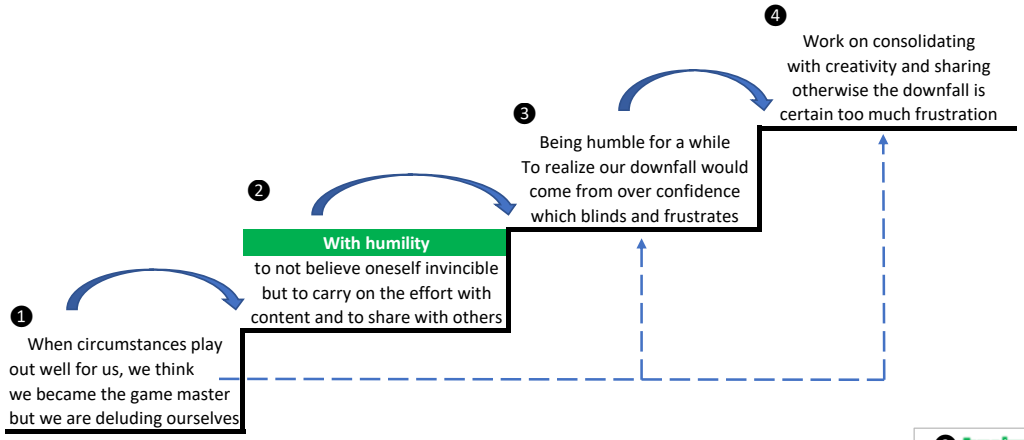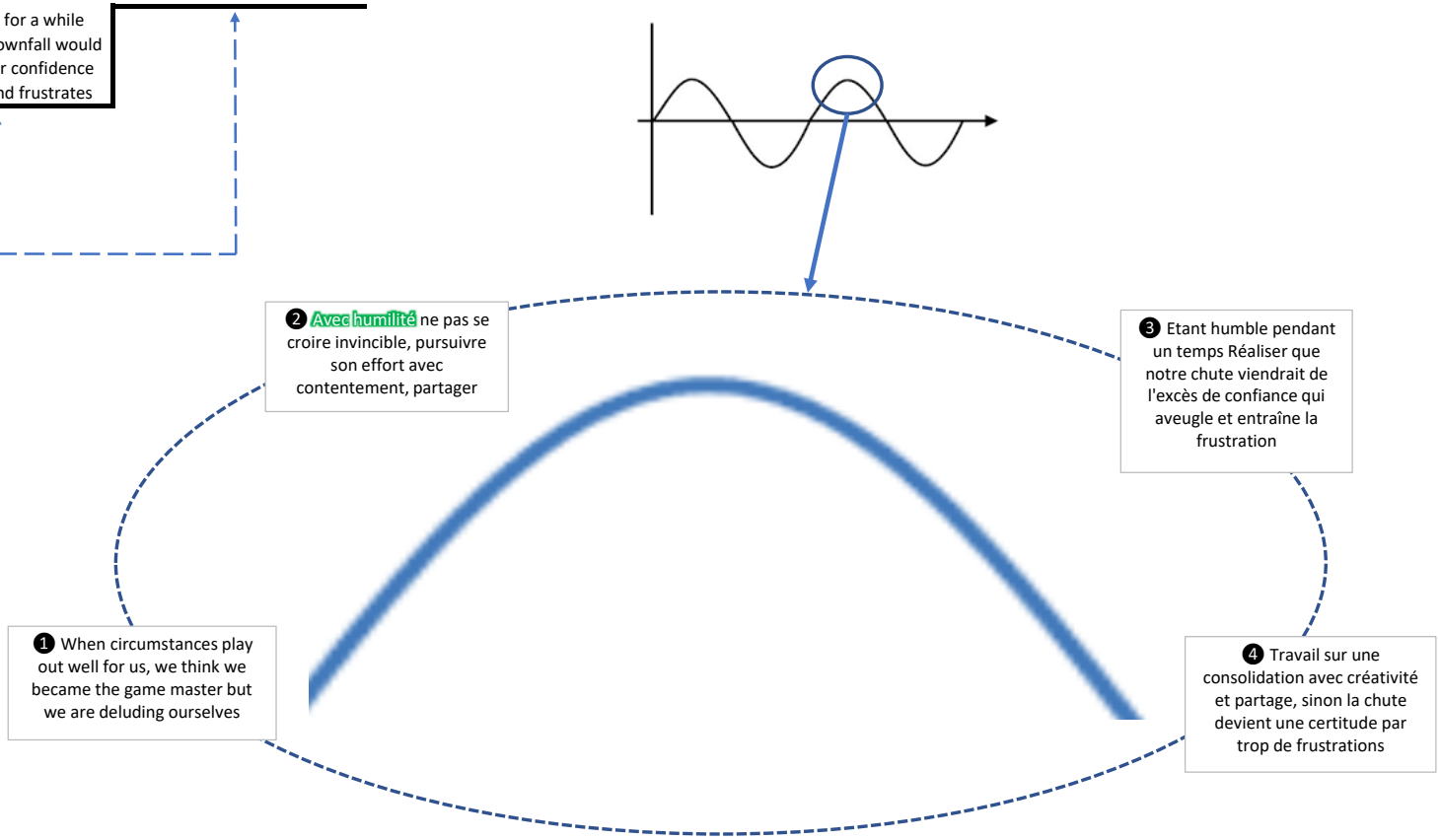# TOP CYCLE - HUMILITY