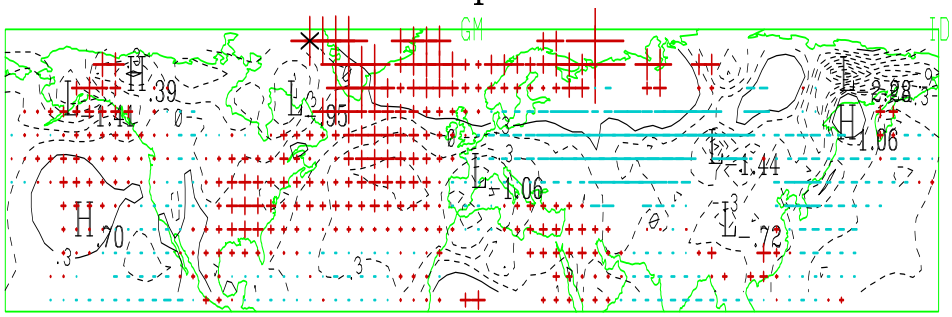
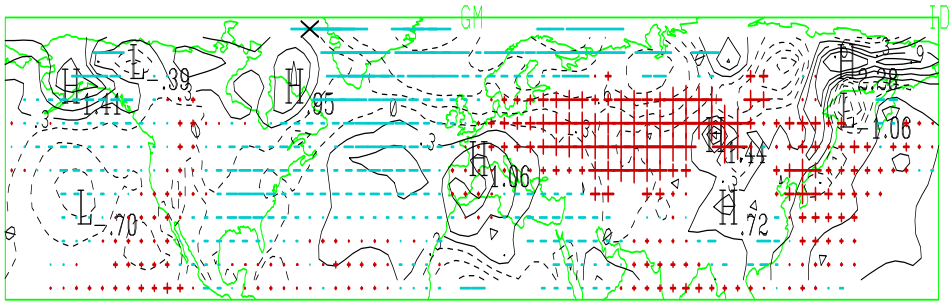
warm phase



cool phase