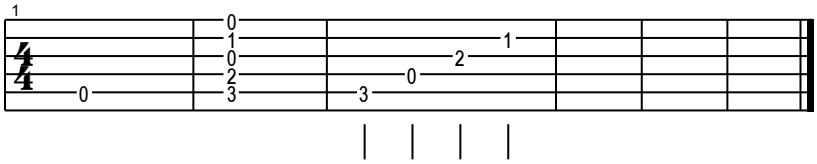Moderate ♩ = 120