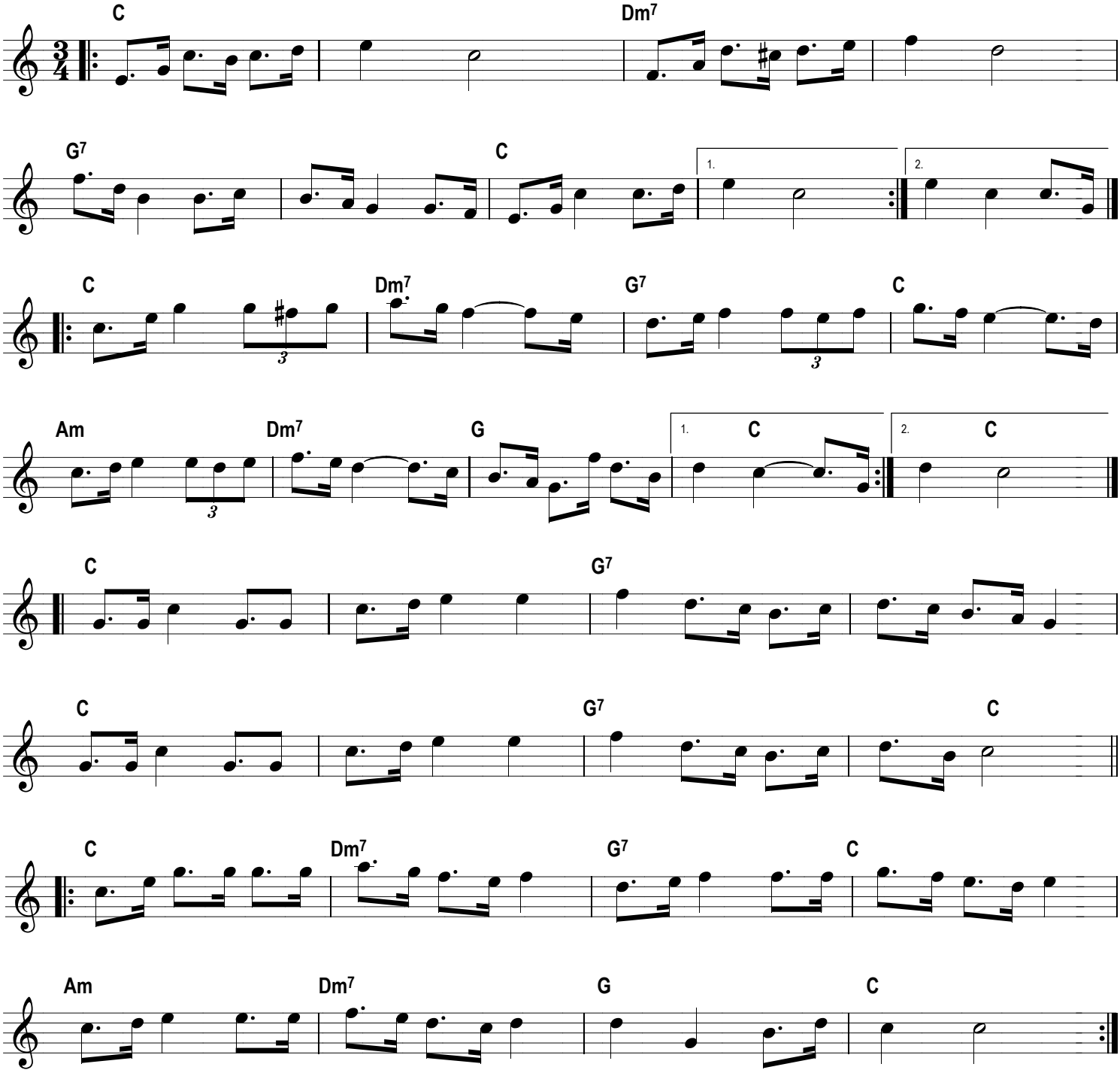Ladan