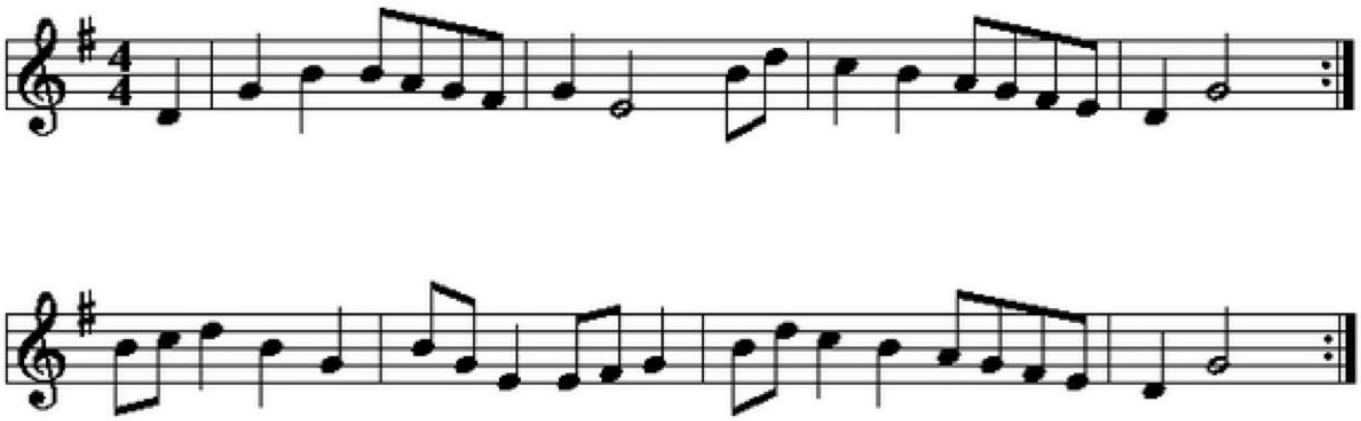Y Washael