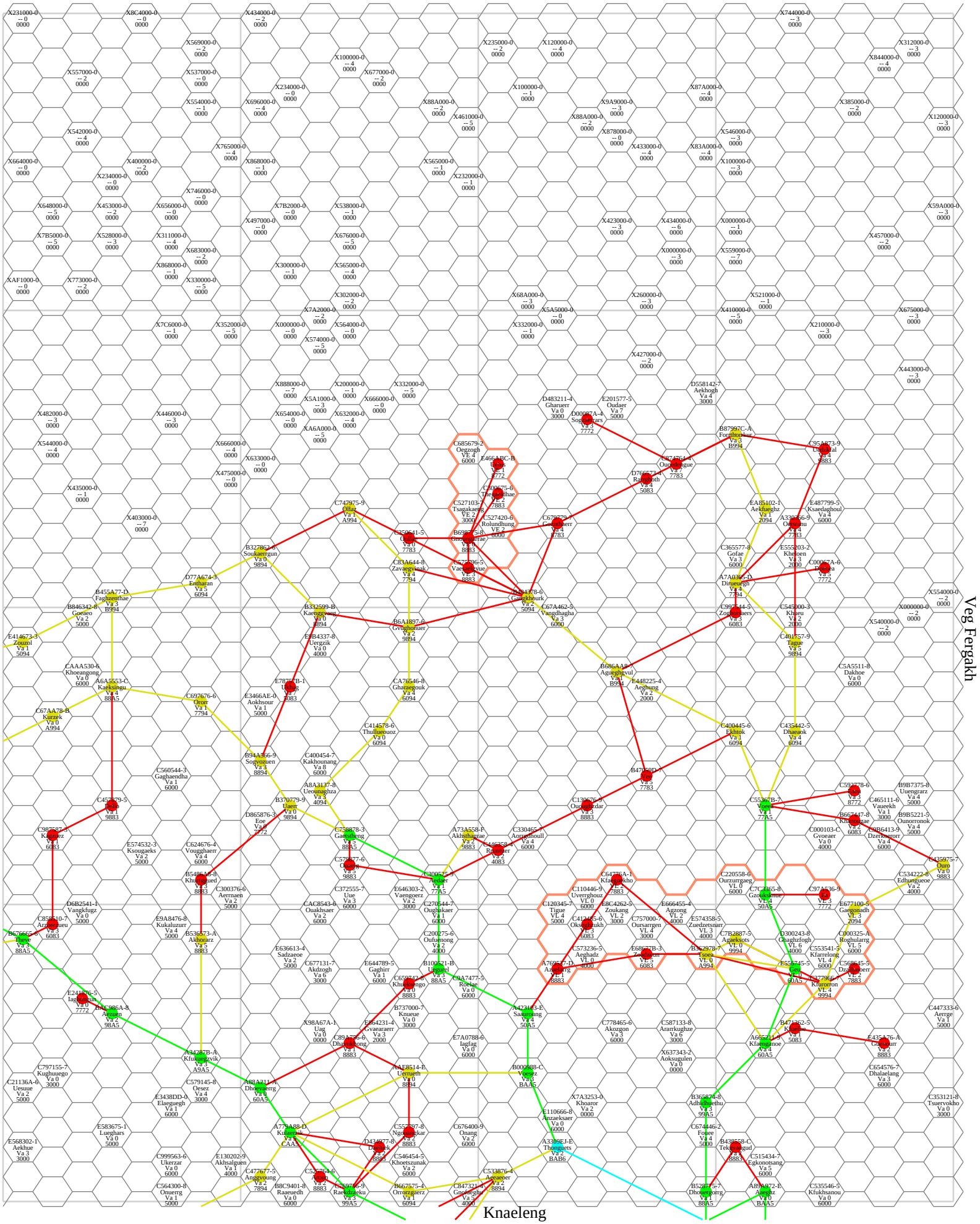Listanaya