Lambad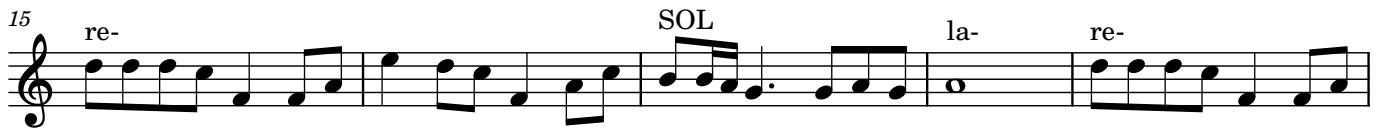a