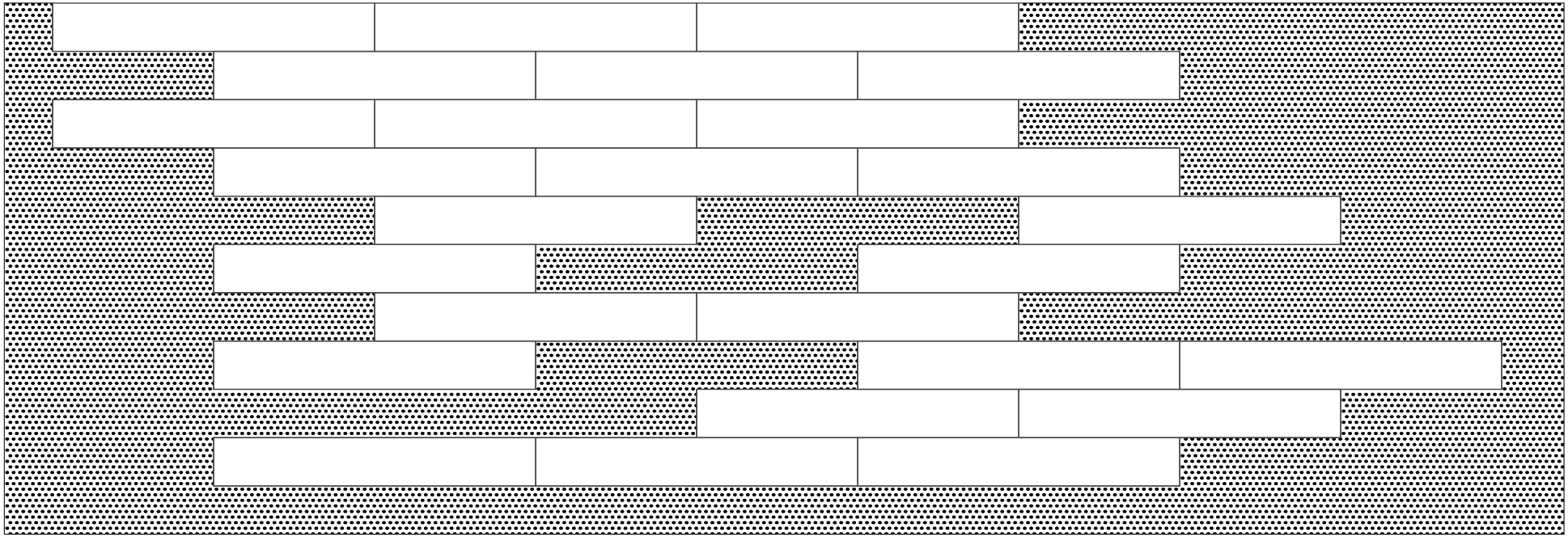Lapkő