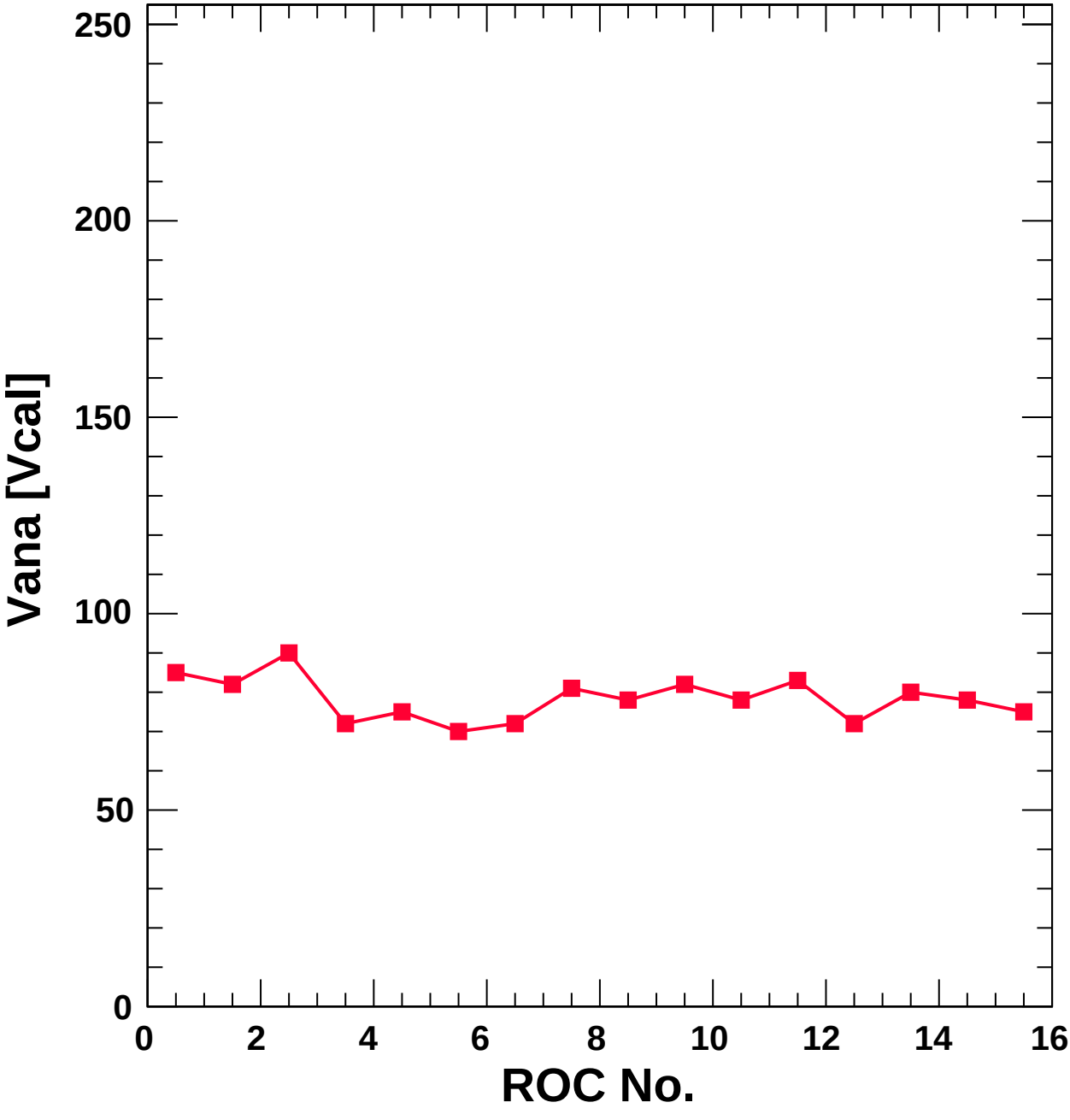Vana