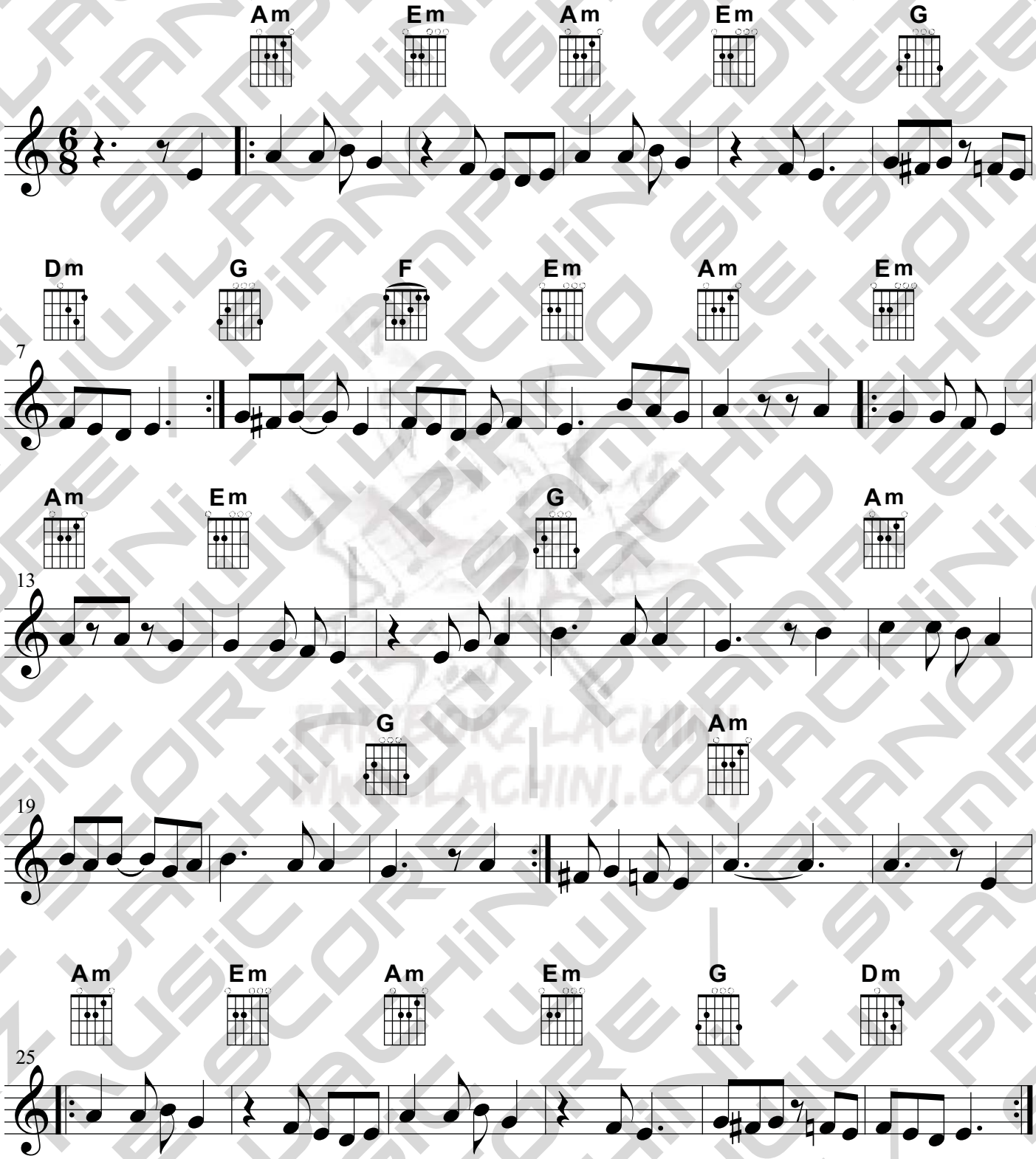Man Amadeam