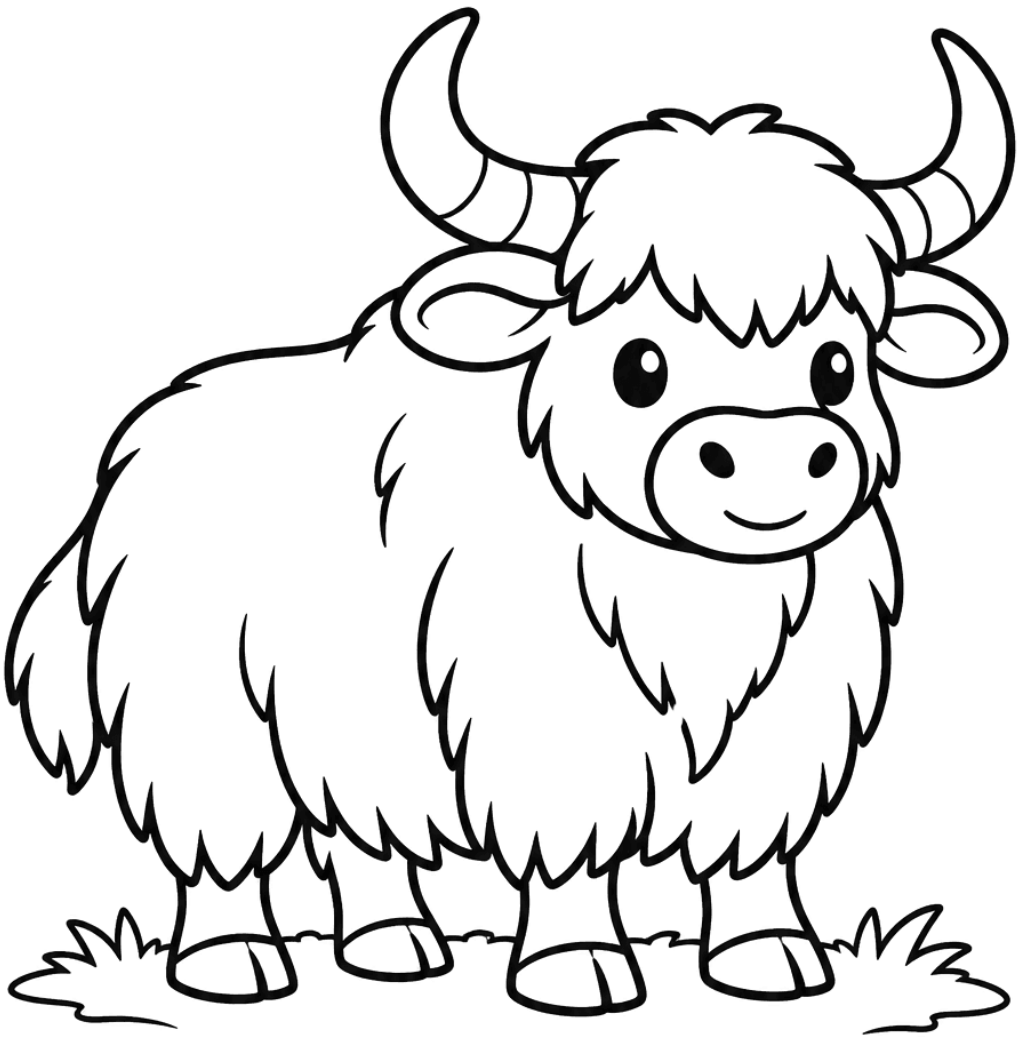Yak