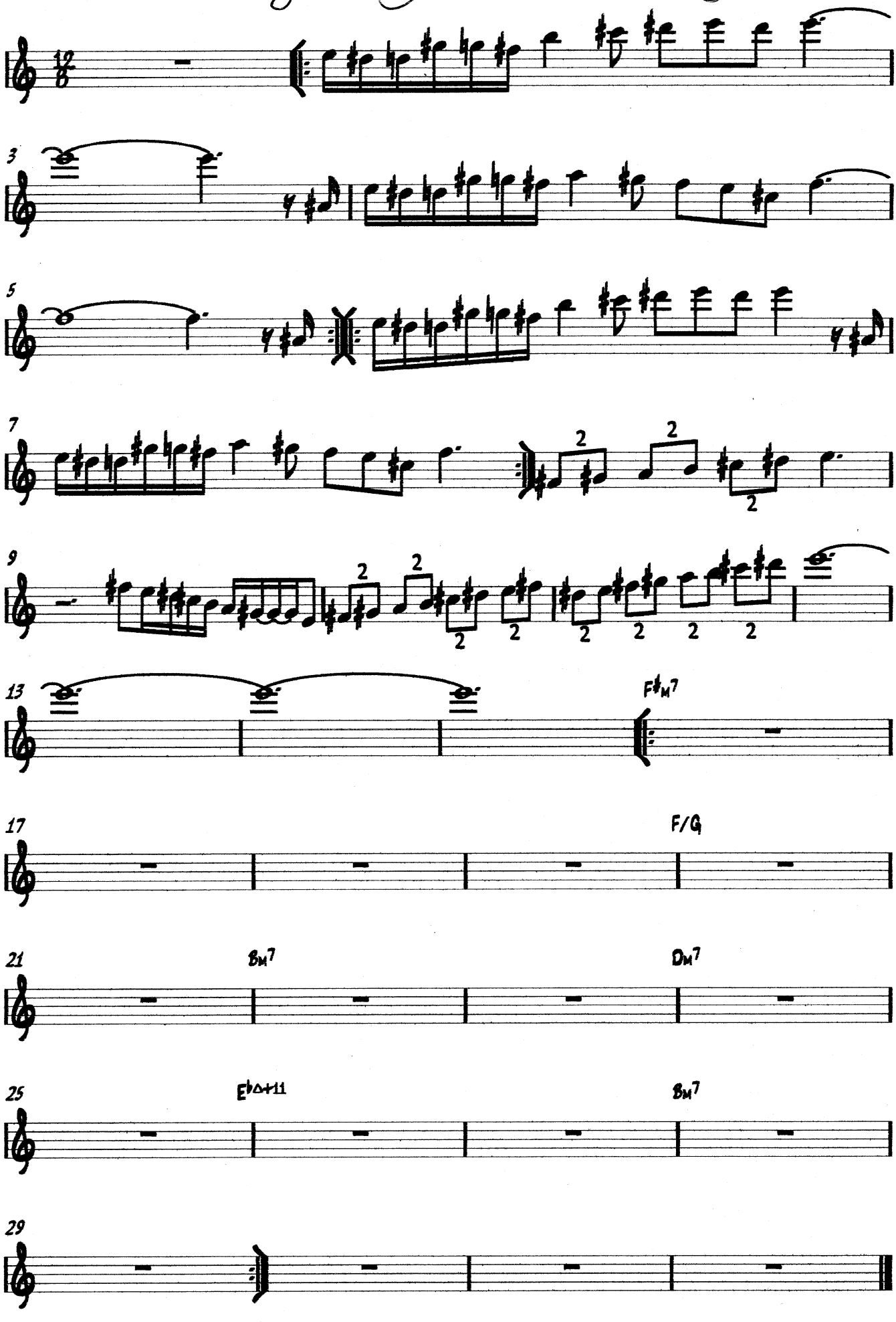Lything & Gracing