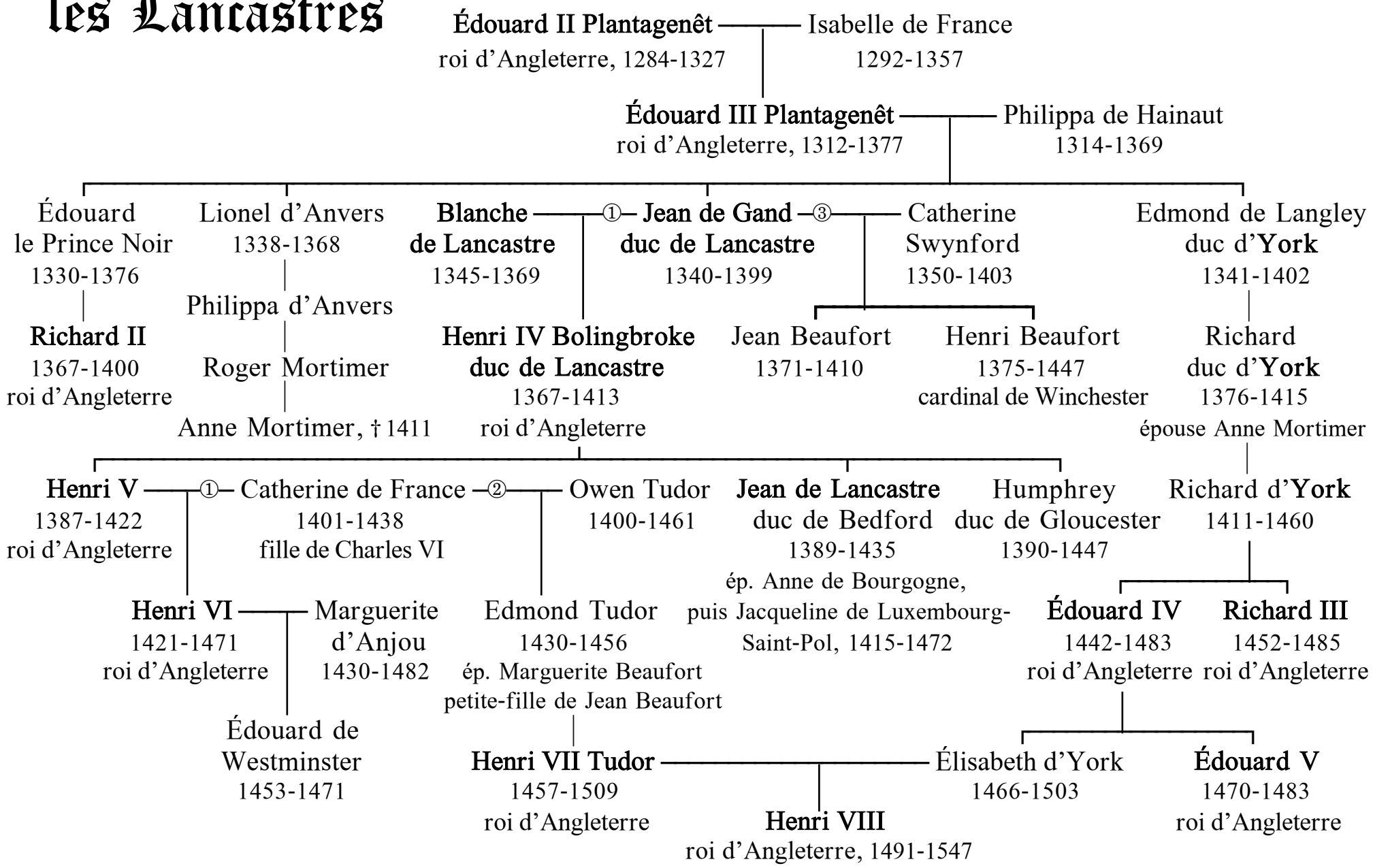les Lancastres