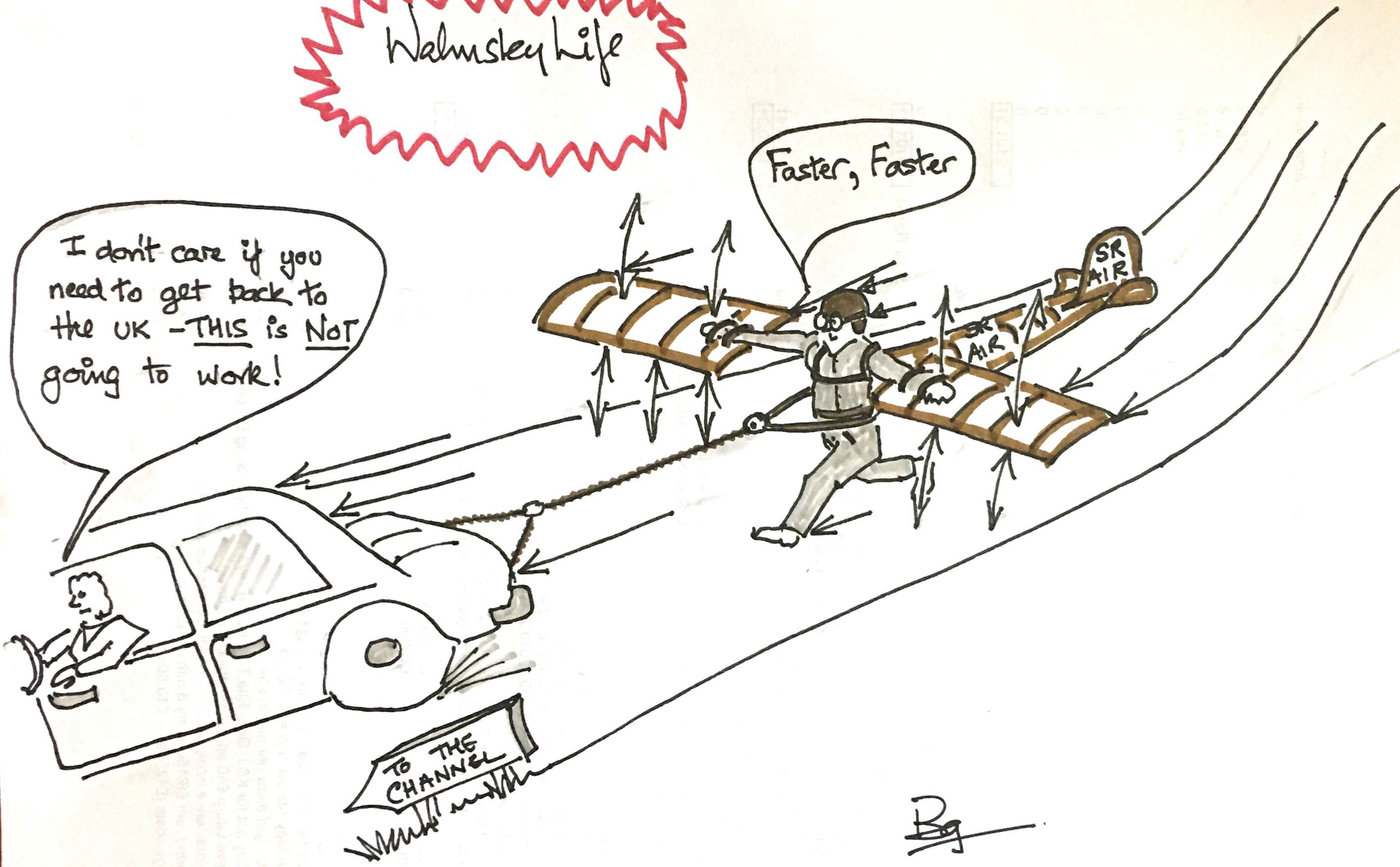Walmsley Life